

HALOUMI AND GRAIN SALAD



Serves 6 | Prep time: 10 mins

Cook time: 30 mins

INGREDIENTS

200g haloumi, sliced
½ cup brown rice
½ cup quinoa
100g rocket, washed and drained
1 small red onion, thinly sliced
1 Lebanese cucumber, cut into half moons
¼ cup mint leaves, roughly chopped
½ cup parsley, roughly chopped
¼ cup pepitas
1/3 cup dried cranberries

Dressing

Juice from 1 orange
2 tbsp extra virgin olive oil
1 tbsp white wine vinegar
1 tsp honey
Salt and pepper to taste

METHOD

1. Cook the brown rice and quinoa according to packet instructions. Set aside.
2. Drain haloumi and pat dry with a paper towel. Set aside.
3. Combine the salad ingredients in a large bowl. Add rice and quinoa and mix well.
4. Heat a frying pan over medium heat and add haloumi. Cook on each side for 2 minutes or until golden brown. Allow to cool.
5. Cut the haloumi into bite-sized chunks and add to the salad.
6. Add dressing ingredients and shake well in a dressing container or screw-top jar.
7. Drizzle dressing over the salad and toss to combine before serving.



THE NUTRITION GUY



NUTRITION TIP

Wholegrains like quinoa and brown rice are packed full of nutrients including B vitamins, magnesium, iron and fibre. Choose whole grain varieties over refined grains where possible.