Grilled Halloumi & Quinoa Salad

Approximate Preparation Time

**COOK:** 25 MIN 55 mins

SERVES 3

Approximate Nutrition Per Serving

Vegetarian

Vegan

Gluten-Free Iron Rich Vegetarian Dish

Ingredients

3 x Tbsp Extra-virgin olive oil

1 x small Red onion, sliced

1 x large roasted Pepper

1 x Parsley hand full

1x Onion

200g Peppers Green Red Yellow

500ml Vegetable stock

200g Quinoa

1x Lemon

250g Halloumi Cheese

Grape seed oil or Coconut oil

Salt pinch

Sugar pinch

Pepper Pinch

Thickly sliced, or a handful of ready-roasted sliced peppers

200g Quinoa

500ml Vegetable stock

small bunch flat-leaf Parsley, roughly chopped

zest and juice 1 Lemon

large pinch sugar

250g pack Halloumi cheese, cut into 6 sliced

Method

Heat 1 tbsp of the grapeseed or coconut oil in a medium saucepan. Cook the onion and pepper for a few mins, then add the Quinoa and cook for a further 3 mins. Add the stock, cover and turn the heat down to a simmer. Cook for 15 mins or until soft, then stir through half the Parsley. Heat the grill.

Meanwhile, mix the Lemon zest and juice with the remaining parsley and olive oil, and a large pinch of sugar and salt. Grill the halloumi until both sides are golden and crisp. Serve the salad with the grilled Halloumi and the dressing poured over everything.

Hope you enjoy our recipes we would love your feedback.