



Halloumi Batons and Toasted Pine Nut Salad

 15 Minutes

 Serves 4

 Easy - Moderate



INGREDIENTS

Salad

400g	Halloumi, cut into batons
200g	Tomatoes, halved (approximately 6 small tomatoes)
2tsp	Extra Virgin Olive Oil
½ tsp	Himalayan Pink Salt
1tsp	Ground Black Pepper
100g	Avocado, sliced into quarters (1 medium)
150g	Baby Spinach Leaves (or salad leaves of choice)
40g	Pine Nuts
1spritz	Oil spray for the non-stick pan (or ½ tsp cooking oil)

Dressing

30ml (2Tb)	Red Wine Vinegar
15ml (1Tb)	Garlic Infused Avocado Oil (or Olive Oil)
15ml (1Tb)	Sugar Free Maple Flavoured Syrup (or more if you like it sweeter)
	Optional – add a crack of black pepper

METHOD

1. First make the salad dressing by combining the red wine vinegar, garlic infused avocado oil and sugar free maple syrup (and black pepper if using) in a small jar or sealable container. Place lid on jar and shake to mix together thoroughly then set aside till you are ready to assemble the salad.
2. Preheat oven on grill setting at 200°C/390°F.
3. Place tomatoes halves on a baking tray lined with baking paper. Season the tomatoes with salt and pepper and a drizzle of olive oil.
4. Place baking tray in preheated oven under the grill on the middle rack for 10 minutes or until they are cooked but still holding their shape. [Alternatively, you could pan fry the seasoned tomato halves in a non-stick pan on the stove but take care not to overcook them as you do not want them to become sloppy]
5. After 10 mins, add the pine nuts to the baking tray and grill for another 2 minutes or until golden (keep an eye on these as they can burn very easily).
6. While the tomatoes are cooking, take a non-stick pan and give it a light spray of cooking oil. Place the halloumi batons into the pan and fry them over medium heat on the stove until they are golden on all sides.
7. To serve, divide the avocado and spinach leaves equally onto place onto four plates. Top with halloumi batons and tomato halves and sprinkle the pine nuts over each. Drizzle over the dressing and sit down to enjoy.

Note:

- *If you panfry the tomato halves rather than using the grill, I would suggest pan-toasting the pine nuts first and then setting them aside till you are ready to assemble the salad. You can then use the same pan to pan-fry the tomatoes. Additionally, as you are having to be hands on to pan-cook the tomatoes and pine nuts, you may not be able to cook the halloumi until they are done (unless you are good at multi-tasking). This will result in extra cooking time to be added to complete this recipe.*

Nutritional Information (per serve)					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
517	41.3g	6.5g	12.6g	5.6g	7g