



BEETROOT AND HALLOUMI SALAD WITH SPICED COURGETTE FRITTES

FOR THE BEETROOT AND HALLOUMI SALAD

1 red onion, finely chopped
2 tbsp apple cider vinegar
2 oranges, cut into segments
4 healthy handfuls of rocket
2 cooked beetroots, diced
Olive oil for frying
80g thinly sliced halloumi
80g pomegranate seeds
5 mint leaves
Fresh dill

FOR THE SPICED COURGETTE FRITTES

1 courgette, cut into 4" strips
¼ cup plain flour
2 eggs, beaten
2 cups panko breadcrumbs
Salt and pepper to season
½ tsp cayenne pepper

FOR THE GREEK YOGHURT AND DILL DIP

½ cup Greek yoghurt
Handful of dill, finely chopped

METHOD

BEETROOT AND HALLOUMI SALAD

1. Chargrill the halloumi on a BBQ or griddle. Set aside.
2. Assemble all the prepared salad and place the halloumi on top.

SPICED COURGETTE FRITTES

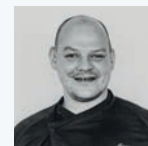
1. Mix the flour, breadcrumbs, cayenne pepper, salt and pepper (to taste).
2. Dip the strips of courgette into the beaten egg and then coat in the breadcrumb mix.
3. Transfer to the heated oven (200°C/390°F/gas 6) and bake for approximately 10 to 15 minutes until brown and crispy.
4. Meanwhile mix the yoghurt and dill and set aside.



35-40m



SERVES 2



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