



## Salad of Grilled Halloumi Cheese, Freekeh and Roasted Red Capsicum with Lemon and Honey Dressing

Serves 4

### TASTE OF CATER CARE FACT

One of our recipe's key ingredients is Freekeh, one of the newest (and oldest) superfoods. Whilst a new food in the west, it is actually an 'ancient grain' that's been eaten in the Middle East since Biblical times. Freekeh is made from green (young) durum wheat that goes through a roasting process during its production. This gives it its unique earthy and smoky flavour.

It contains more protein, vitamins and minerals than most other grains, is high in fibre (four times more than brown rice) low in starch and fat, and is a source of beneficial prebiotics.

### INGREDIENTS

- 600gm Red Capsicum -rinse and drain.
- 30ml Olive Oil
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- 250gm Spanish Onion - peel and finely dice.
- 210gm Freekeh - cook as per manufacturer's instructions, and drain well.
- ¼ Lemon - finely zest.
- 90gm Shelled Pistachio Nuts - roughly chop.
- 40 Coriander Leaves - rinse, drain and roughly tear.
- 40 flat Leaf Parsley Leaves - rinse, drain and roughly tear.
- 1 ½ bunches Chives - rinse, drain and finely slice.
- To Taste - Sea Salt and Freshly Ground Black Pepper.
- 10ml Olive Oil
- 160gm Halloumi Cheese - cut in slices 1cm thick by 2cm wide by 8cm long.
- 160ml Extra Virgin Olive Oil
- 80ml Lemon Juice
- 50gm Honey - warm room temperature.

### METHOD

1. Pre-heat a BBQ to a moderate heat.
2. Add the red capsicums and first batch of olive oil to a mixing bowl, then toss until the capsicums are fully coated with the oil.
3. Place the capsicum onto the BBQ and cook until the skin blisters and blackens, then carefully remove them from the heat, and allow to cool to room temperature. Once cooled, peel the blackened skin off each capsicum, cut in half, remove the stem, seeds and membrane, and cut the capsicum flesh into a ½ cm dice and set to one side.
4. Heat a saute pan over a moderate heat, add the second batch of olive oil and Spanish onions and saute, stirring regularly until the onion has softened and is lightly browned. Remove from the heat, and set to one side to cool to room temperature.



4. In a mixing bowl, add the freekeh, capsicum, Spanish onion, lemon zest, pistachio nuts, coriander, parsley and chives. Gently mix until all of the ingredients have been thoroughly combined. Season to taste, then set to one side.
5. Heat a saute pan with the third batch of oil over a moderate heat. Add the halloumi slices and saute until they are lightly browned on both sides, then remove them from the heat. Allow to cool to room temperature.
6. In a mixing bowl, add the extra virgin olive oil, lemon juice and honey, and whisk until the ingredients are thoroughly combined. Immediately add 2/3 of the dressing to the salad and mix it through.

## TO SERVE

Place the salad into a serving bowl, top with the halloumi cheese slices and serve with the remaining lemon and honey dressing.