



ROASTED BEETROOT WITH QUINOA AND PAN-FRIED HALLOUMI

INGREDIENTS

- 195 g cooked wild rice and 185 g cooked quinoa
- 150 g whole roasted beetroot
- 500 g halloumi cheese, cut into slices
- 34 g roasted pumpkin seeds
- 50 g dried sultanas
- 1 spring onion, sliced
- fresh basil
- sea salt and pepper to taste
- 1 tablespoon red wine vinegar
- 1 tablespoon plain yoghurt
- ½ teaspoon crushed garlic
- 1 tablespoon olive oil

METHOD

1. Mix 1 tablespoon olive oil, 1 tablespoon red wine vinegar, 1 tablespoon plain yoghurt and ½ teaspoon crushed garlic.
2. Mix the rice and quinoa in a bowl then add the pumpkin seeds, sultanas, spring onion and beetroot.
3. Pan-fry the halloumi until golden on both sides and allow to cool.
4. Arrange all ingredients on a platter and garnish with basil, sea salt and pepper. Serve with salad dressing.

Vegetarian meal
providing protein and vitamin A ✓

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PREP TIME 7min
COOK TIME 47min
TOTAL 54min
SERVES 4-6