

# Grilled haloumi and green salad

- Vegetarian
- Yeast-free
- Wheat-free
- No added sugar
- Soy-free
- Sesame-free
- Peanut-free
- Nut-free
- Gluten-free
- Egg-free

Cooling mint, peppery watercress and a zesty yoghurt dressing make this grilled haloumi salad a refreshing choice for lunch, light dinner, or as a side.

- Serves 4, as a side
- Cooktime 10 mins 10 minutes
- Prep time 10 mins

## Ingredients

- 3/4 cup (120g) frozen peas
- 2 bunches (about 12 spears) asparagus, woody ends trimmed, halved lengthways
- 80g haloumi, thinly sliced
- 2 1/2 cups watercress sprigs or baby rocket leaves
- 1/4 small red onion, finely chopped
- Mint leaves, to serve

## Yoghurt dressing

- 2/3 cup (190g) reduced-fat Greek-style yoghurt
- 1/3 cup (80ml) lemon juice
- 2 tbs chopped mint

## Nutritional information

Per Serve: Energy: 639kJ / 153 cal (7%), Protein: 11g (22%), Fat: 5g (7%), Sat Fat: 3g (13%), Sodium: 660mg (33%), Carbs: 17 (5%), Sugar: 11g (12%), Dietary Fibre: 5g (17%)

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## **Method**

### **1. Step 1**

To make the yoghurt dressing, combine the yoghurt, lemon juice and mint in a small bowl.

### **2. Step 2**

Cook the peas and asparagus in a large saucepan of boiling water for 2 mins or until bright green and tender-crisp. Refresh under cold water. Drain well.

### **3. Step 3**

Spray a non-stick frying pan with olive oil spray. Add the haloumi and cook for 1-2 mins each side or until golden brown.

### **4. Step 4**

Combine the watercress or rocket and onion in a serving bowl. Top with the asparagus mixture, haloumi and mint. Drizzle dressing over the salad. Season with pepper to serve.