

Halloumi, Rocket & Grape Salad with Pomegranate Dressing

SERVES 4

Ingredients

- 2 x 180g packs halloumi or 'grilling' cheese, drained
- 2 packs of rocket leaves (arugula), washed
- 1 punnet cherry tomatoes, washed and cut into halves
- 1 bunch fresh basil leaves, washed
- 1 cup sapphire or black grapes, washed and thinly sliced
- 1 whole pomegranate, seeds taken out
- 2 teaspoons molasses
- 4 tablespoons extra virgin olive oil (for dressing)
- Black pepper to taste



Method of preparation

1. Place ½ cup pomegranate seeds into a pan with molasses and ¼ cup water. Break up pomegranate with spatula as it softens. Simmer over medium heat for 5 mins until sauce becomes thick. Let it cool.
2. Slice each block of halloumi into 8 pieces.
3. Heat a large frying pan over high heat with a little olive oil. Pan-fry halloumi for 1 to 2 mins on each side until golden brown and beginning to melt. Set aside.
4. In a large bowl, combine the remaining pomegranate, rocket, cherry tomatoes and grapes together.
5. Arrange warm halloumi slices and basil leaves over salad. Drizzle pomegranate reduction and extra virgin olive oil over.
6. Garnish with pepper and optional beetroot powder.
7. Serve with a small scoop of mashed potato if desired.

Nutrition Information Per Serving (excluding mashed potatoes)

Energy	518 kcal
Carbohydrates	16g
Protein	21g
Total fat	39.4g
Saturated fat	18.4g
Cholesterol	68g
Dietary fibre	4.4g
Sodium	972mg
Carbohydrate exchange	~1 exchange

About the author: Bonnie Lau is an accredited dietitian who worked at Singapore General Hospital and Tan Tock Seng Hospital before her present job at Glycoleap. She is a foodie and believes in empowering patients/clients to take greater control of their own health while enjoying food. (www.glycoleap.com)