

Grilled Halloumi Salad with Avocado



Ingredients list

- 3 tbsp olive oil
- 200g halloumi, thickly sliced
- 80g spinach or salad lettuce
- 1 red pepper, sliced
- 1 avocado, sliced
- (optional) 100g sugar snap peas
- (optional) Baby tomatoes

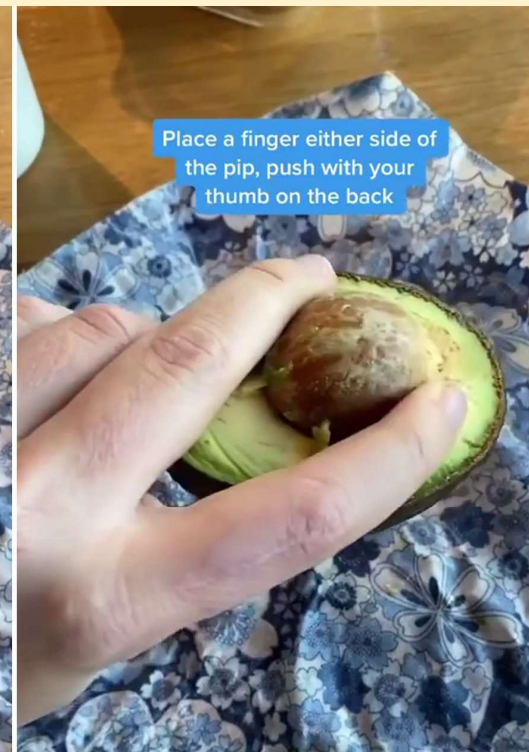
Equipment list

- Sharp Knife
- Chopping Board
- Frying pan
- Metal spoon



Method

1. Wash your pepper, salad leaves and tomatoes
2. Cut your pepper in half and remove all seeds. Slice the pepper evenly.
3. Cut your avocado in half and remove the stone
4. Using a spoon remove the Avocado from the skin and slice.



Method

5. Slice the halloumi evenly
6. Heat a frying pan over a high heat. Drizzle the olive oil into the pan and place the halloumi slices into the pan in a single layer.
7. Cook for 2 mins each side or until golden brown.
8. Place a layer of your salad leaves into your container and layer the peppers, tomatoes, halloumi and sugar snaps into the salad.

