

DINNERLY



Low-Cal Mediterranean Haloumi Salad with Sunflower Seeds and Croutons



20 minutes



2 Servings

Think eating light means eating boring? Not in our book! Our low-cal recipes have all the punchy flavour and excitement you'd expect from us, with less than 599 calories per serve.

WHAT WE SEND

- 1 Lebanese cucumber
- 1 tomato
- 180g haloumi ²
- 10g Greek seasoning ^{1,4,5}
- 2 wholemeal rolls ^{1,3,5}
- 20g sunflower seeds
- 50g baby spinach leaves

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1½ tbs olive oil
- 1 tsp red or white wine vinegar ⁴
- small pinch of sugar

TOOLS

- oven tray
- baking paper
- medium frypan

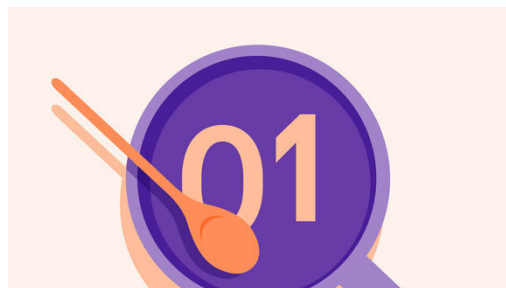
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (2), Soy (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

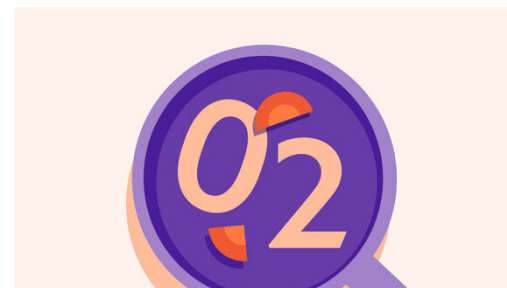
NUTRITION PER SERVING

Energy 560kcal, Fat 40.1g, Carbs 23.7g, Protein 25.9g



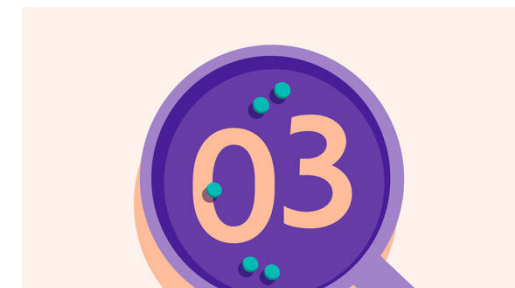
1. Prep ingredients

Preheat the oven to 220C, fan-forced. Line an oven tray with baking paper. Coarsely chop the **cucumber** and **tomato**. Cut the **haloumi** into 2cm chunks. Put the haloumi, **1½ tsp Greek seasoning** and **2 tsp olive oil** in a bowl and toss to coat.



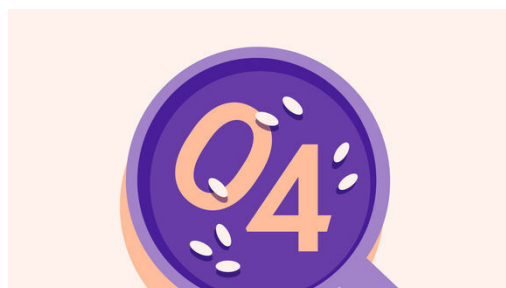
2. Bake croutons

Coarsely tear the **rolls** into 3cm chunks and put on the lined tray. Drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Bake for 6 mins or until golden.



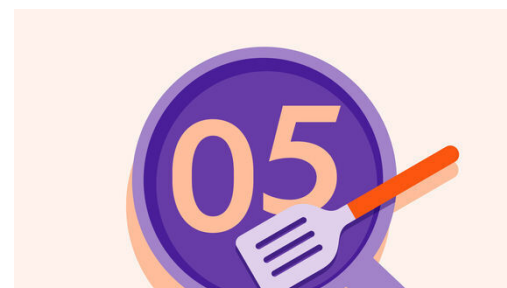
3. Cook seeds and haloumi

Meanwhile, put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan. Return the pan to medium-high heat. Cook the **haloumi**, turning occasionally, for 3-4 mins until evenly golden. Remove the pan from the heat.



4. Make salad

Put **1 tsp Greek seasoning***, **2 tsp olive oil**, **1 tsp red wine vinegar** and a **small pinch of sugar** in a large bowl and whisk to combine. Add the **cucumber**, **tomato** and **spinach** and gently toss to combine.



5. Serve up

Divide the **salad** among bowls, scatter with the **haloumi**, **sunflower seeds** and **croutons** and enjoy!



6. Make it yours

If you have any olives or capers, toss some through the salad for a salty bite.