

Roasted Halloumi & Bulgur Wheat Salad With Avocado, Mango & Coriander



Ingredients

- 200g bulgur wheat, rinsed
- 400ml vegetable stock
- 1 red onion, roughly sliced
- 250g halloumi, cut into 1 1/2cm chunks
- 1 tablespoon extra virgin olive oil
- 1 lime, juice only (use 2 if it's not very juicy)
- A big handful of fresh coriander, roughly chopped
- A couple of handfuls of spinach, roughly chopped
- 1 firm mango, finely sliced
- Freshly ground black pepper
- 1 small firm avocado per serving

Method

1. Preheat the oven to 180C fan/200C/gas 6.
2. Mix the bulgur wheat and vegetable stock in a roasting tin, then top with the red onion and halloumi.
3. Transfer to the oven and roast for 25 minutes, until the halloumi is golden brown and crisp on top.
4. Stir through the extra virgin olive oil, lime juice, coriander, spinach, mango and freshly ground black pepper.
5. Taste and adjust the seasoning as needed, then pack into lunchboxes.
6. Take the avocado with you and slice it into the salad after you've warmed it up and just before you eat it.

Notes

- In the recipe book as a make-ahead lunchbox type thing, but can just be eaten as-is as well.

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