

Mediterranean Cauliflower Rice Salad with Halloumi



This is a great addition to any BBQ or you could have it on its own for a healthy lunch or dinner. It's packed with vegetables and packed with flavour!

Ingredients

- 1 medium head cauliflower
- 1/4 cup roasted whole almonds
- 2 large leaves of silverbeet or rainbow chard
- 1 can of chickpeas, drained
- 1 Lebanese cucumber
- 250 g baby tomatoes
- 250 g halloumi
- 1 small lemon (juice for the dressing)
- 3 tbsp extra virgin olive oil (for the dressing)
- 1/4 tsp salt (for the dressing)

1/4 tsp garlic, minced (for the dressing)

1 cup mint leaves (for the dressing)

1 cup parsley leaves (for the dressing)

Method:

1. Create the cauliflower rice by using a food processor, and then cook them by steaming or stirring in a pan with a little bit of water, cool.
2. Roughly chop the roasted almonds and cut the tomato and cucumber into small bite-sized pieces.
3. Remove the core of the sliverbeet and finely shred the leaves.
4. Grill the halloumi on a BBQ or pan fry it until golden.
5. Chop the mint and parsley and stir together with all the dressing ingredients.
6. Toss the cauliflower rice, veggies and dressing together, top with golden halloumi to serve.