Halloumi Honey Mediterranean Salad

EASY • 15 MINS

Say hello to your new favourite salad! Grilled halloumi, crisp veggies, and a zesty lemon-honey dressing with Capilano Pure Honey... this Mediterranean dish is a total flavour bomb.

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	5 mins	4

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Grilled Halloumi & Salad:

- 1 tbsp olive oil
- 225g halloumi cheese, sliced into ¼-inch-thick strips
- 85g fresh lettuce or baby spinach
- 1 Lebanese cucumber, thinly sliced
- 1 small red onion, peeled and thinly sliced
- ¼ cup fresh parsley leaves, loosely packed
- 1 cup Kalamata olives
- ⅔ cup toasted pine nuts
- 3 tbsp Capilano Pure Honey

Dressing:

- ⅓ cup olive oil
- 2 small garlic cloves, pressed or minced (or 1 tsp garlic powder)
- 2 tbsp freshly squeezed lemon juice (or red wine vinegar)
- 2 tsp Dijon mustard
- 1 tsp fine sea salt
- ½ tsp freshly cracked black pepper
- 1 tbsp Capilano Pure Honey

Method

1. Make the dressing by whisking all dressing ingredients together in a small bowl (or shake in a covered mason jar) until completely combined. Set aside until ready to use.

2. Meanwhile, heat the olive oil in a large grill pan or sauté pan over high heat. Add the halloumi strips in an even layer and cook for about 30 seconds per side, or until the cheese is lightly browned. Transfer the halloumi to a large mixing bowl and lightly drizzle with honey.

3. Add the remaining salad ingredients (spinach, cucumber, red onion, parsley, Kalamata olives, and pine nuts) to the large mixing bowl. Drizzle evenly with the dressing and 2 tablespoons of honey, then toss until the salad is completely combined.

4. Taste and season the salad with extra salt, black pepper, and/or lemon juice, if needed.

5. Drizzle the final tablespoon of honey on top of the salad just before serving. Serve immediately and enjoy.

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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