Quinoa, Kale, Haloumi Bowl with Raspberry Vinaigrette

EASY • 35 MINS

How's this vibrant and nutrient rich nourish bowl with raspberry + Manuka vinaigrette by @moniquecormacknutrition!?

Such an easy and delicious way to incorporate our Active Manuka Honey into your everyday for a nourishing boost. Plus it tastes sensational – win win!



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	10 mins	2

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Ingredients

- 1/2 cup quinoa (measured raw)
- 5-6 large kale leaves
- 1 Lebanese cucumber, diced
- 100g canned chickpeas, drained and rinsed
- 100g halloumi cheese, sliced
- ½ lemon
- 2 tsp extra virgin olive oil
- Pinch salt
- 1/3 cup raspberries (you can use thawed frozen berries)
- 1 tbsp Capilano Active Manuka Honey
- 3 tbsp white wine vinegar
- 5 tbsp extra virgin olive oil
- Small pinch of salt

Method

1. Cook quinoa according to packet instructions, drain and set aside to cool. Place kale leaves (stem removed) in a bowl with lemon juice, olive oil and salt. Massage together until kale is softened.

2. To prepare the dressing, mash raspberries roughly with a fork, then combine with all other dressing ingredients. Whisk vigorously in a bowl or shake together in small jar.

3. Pan fry halloumi slices until golden, then assemble bowls of quinoa, kale, diced cucumber and chickpeas.

4. Top with halloumi and spoon over dressing to serve.

5. Tip: Leftover dressing can be stored in an airtight jar in the fridge for up to 4 weeks.

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste
Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

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*Vella, G. 2016. Issue 215. CSIRO.

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