

WARM SUMMER SALAD WITH HALLOUMI (OR FETA)

Serves 4

25 mins to prep

Cook – 20 mins

Ingredients

1 tbsp butter
2 red onions
4 medium carrots (400g)
200g frozen broad beans (500g fresh) podded (slip skins off)
200g fresh or frozen peas
2 gem lettuce, trimmed, leaves separated and chopped into chunks
4 tbsp extra virgin olive oil
½ lemon, zest and juice
Small bunch of flat leaf parsley or coriander, roughly chopped
250g halloumi or feta cheese, chopped into cubes

Method

Heat the butter or coconut oil in a heavy based frying pan. Add the onion and gently fry, stirring occasionally, for 10 minutes, until soft and lightly caramelised

Meanwhile, spiralise the carrots, snipping any long strands into shorted lengths, or peel into stirps with a julienne or vegetable peeler, set aside. Blanch the broad beans in a pan of boiling water for 2-3 minutes, then cool in cold water (if using frozen broad bean, defrost in a bowl of arm water). Slip the beans from the outer skins.

Turn up the heat under the onions and stir in the broad beans and peas, with a small pinch of salt, for 2 minutes. Add the carrot and lettuce, stirring gently for another minute, then take off the heat. Whisk the oil and lemon zest and juice, then toss through the veg with most of the parsley/coriander. Transfer to a large serving plate or bowl.

Wipe the pan out, then dry fry the halloumi over a medium heat for 2-3 minutes, until browned. Scatter over the salad with the remaining parsley/coriander. Or just scatter chopped feta.