

Grapefruit, haloumi & mint salad

Search:

- [Dinner](#)
- [Salad](#)
- [Recipes](#)

Grapefruit, haloumi & mint salad

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) `!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");`



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)



Rate this recipe

0 people are cooking this [Count me in](#)

This grapefruit, haloumi and mint salad is a great summer dish. Lightly grill the grapefruit on the barbecue before serving.

Ingredients (serves 2)

- 1 ruby red grapefruit, thinly sliced
- 250g block haloumi, thinly sliced
- ¼ bunch fresh mint, roughly torn
- 1 cup [baby rocket](#)
- Freshly cracked pepper and sea salt, to taste

For the dressing

Grapefruit, haloumi & mint salad

- Juice of ½ ruby red grapefruit
- 2 tbsp olive oil
- 1 tsp Dijon mustard

Method

Heat a large griddle pan or your barbeque on high heat. Place the sliced grapefruit directly onto the griddle and cook for four minutes both sides, or until the grapefruit softens and begins to char. Set aside.

Whisk the grapefruit juice, olive oil and mustard together to form a dressing and set aside.

Heat a medium-sized fry pan to a high heat and place the haloumi directly onto the pan. Cook for two minutes then flip, cooking the other side for a further two minutes until crispy and golden.

Lay the rocket out onto a serving platter and place the warm haloumi and grapefruit on top. Scatter with the mint and drizzle with the salad dressing. Season with salt and pepper and eat immediately. The haloumi is best eaten piping hot.

Recipe from Gemma Lush; photo credit: Phu Tang

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```