

Roasted haloumi and carrot salad

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Healthy salad ideas from nutritionist Dorota Trupp.

Ingredients (serves 4)

- 4 large carrots
- 2 oranges
- 2 passionfruit
- Juice and zest of 1 lime
- 1 head cos lettuce
- 1 handful grapes
- 200 g haloumi cheese
- 2 tbsp green coriander, chopped
- 1 tbsp mint leaves, chopped
- 1 tbsp finely grated ginger
- 1 tbsp coconut oil
- 4 tbsp olive oil
- Pepper

Method

Steam the carrots whole, for 10 minutes.

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Cool to room temperature and slice lengthwise into three-to-five-millimetre-thick slices.

Peel the orange by taking the orange into your hand and cutting down the membrane to remove the segments. Do this over a bowl and squeeze the remaining juice from the membrane and put aside.

Cut the passionfruit in half and add the pulp, together with lime zest and lime juice, to the oranges. Add the ginger, grapes and olive oil.

Break salad leaves into five-to-six-centimetre pieces; washing and drying them in a salad spinner.

Heat a pan with the coconut oil, cut the cheese into eight slices and quickly brown them in the hot pan on one side.

Add the oranges, together with the salad leaves, coriander, mint, and toss through. Serve and sprinkle with freshly ground pepper.

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