

DINNERLY



Chunky Haloumi Salad

with Chickpeas and Spinach



20-30 minutes



4 Servings

WHAT WE SEND

- 1 lemon
- 2 packets haloumi ⁷
- 100g green beans
- 2 tomatoes
- 140g baby spinach leaves
- 2 x 400g can chickpeas

WHAT YOU NEED

- olive oil
- sea salt and pepper

TOOLS

- fine grater
- medium frypan
- paper towel
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 680kcal, Fat 42.1g, Carbs 31.0g, Proteins 38.6g



1. Prep ingredients

Drain the **haloumi** on paper towel. Cut into 3 slices lengthwise, then cut into 3-4cm bite-size pieces. Finely chop 2 **garlic cloves**. Drain and rinse the **chickpeas**. Trim and halve the **beans**. Cut the **tomatoes** into thin wedges.



2. Make dressing

Finely grate the **lemon zest**, then juice. Combine the **lemon zest** and **juice** with 2 **tbs olive oil** and season with **salt and pepper**.



3. Cook haloumi

Heat 2 **tbs olive oil** in a medium frypan over medium heat and cook the **haloumi** for 2 mins on each side, or until golden. Transfer to a plate and keep warm. Add the **garlic** to the pan and stir-fry for 20 secs or until fragrant. Add the **chickpeas** and cook for 1-2 mins, stirring to coat in the garlic and chickpeas are warmed through.



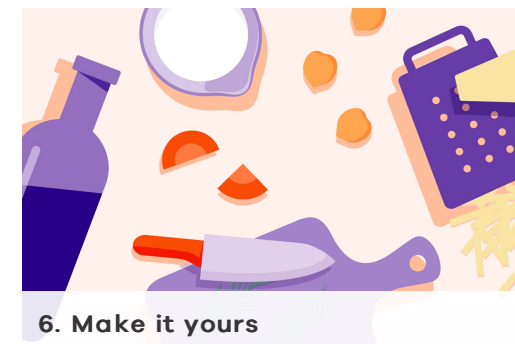
4. Add veg

Add the **green beans** and cook for 2 mins. Add the **tomatoes** and cook, stirring for 1 min. Remove from the heat and add the **spinach**. Toss to coat in the sauce and allow to wilt slightly and warm through.






5. Serve up

Stir the dressing into the vegetable mixture, stirring gently to coat. Divide the **warm salad** among plates and scatter over the **haloumi** to serve.



6. Make it yours

Add a subtle sweetness to the salad by adding roasted strips of capsicum.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from imported
ingredients