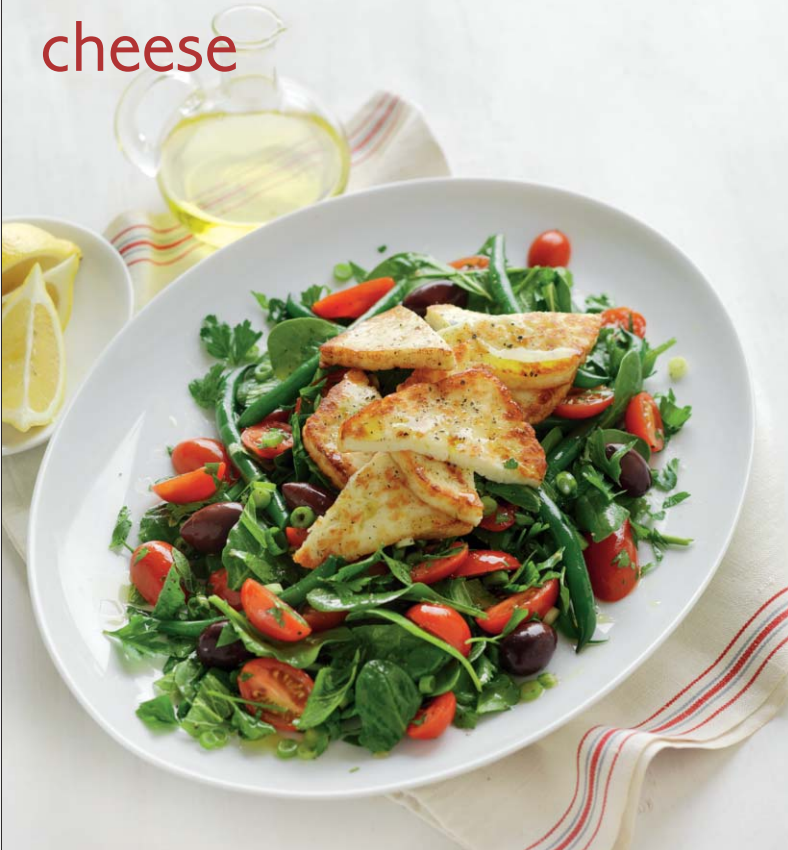


# Tomato, bean & herb salad with haloumi cheese



## Tomato, bean & herb salad with haloumi cheese

**Preparation:** about 15 minutes  
**Cooking:** about 5 minutes  
**Makes:** 4

175g green beans, trimmed  
1 cup firmly-packed flat-leaf parsley, roughly chopped  
½ cup mint leaves, roughly chopped  
100g baby spinach leaves  
2 green onions (shallots), trimmed and thinly sliced  
250g mini roma tomatoes, halved lengthways  
½ cup Kalamata or black olives  
2 tbs olive oil  
250g haloumi cheese, cut lengthways into 4 thick slices  
2 tbs extra virgin olive oil  
1 tbs lemon juice  
Salt and ground black pepper



### Green beans

- Provide some iron, which is especially important for those who choose a vegetarian diet. Iron is needed for making red blood cells, which carry oxygen throughout the body.
- An excellent source of vitamin C, which is best preserved if green beans are steamed, stir-fried or cooked briefly in the microwave.

1. Plunge beans into a medium frying pan of boiling water and cook over high heat for 2-3 minutes until almost tender. Drain and refresh beans in cold water. Wipe pan dry using paper towel. Set pan aside.
2. In a large bowl, combine beans, parsley, mint, spinach, green onions, tomatoes and olives. Toss to combine and arrange on a serving platter.
3. Heat oil in the frying pan over medium-high heat until hot. Add haloumi and cook for about 1 minute on each side until golden. Transfer to a plate lined with paper towel. Top salad with haloumi, drizzle with extra virgin olive oil and lemon juice. Season with salt and pepper to taste and serve.