

Rocket, cherry tomato & haloumi salad



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Preparation: about 15 minutes

Cooking: about 2 minutes

Serves: 4 as a light meal

Or serves 4

1 tbs olive oil

250g haloumi cheese, cut lengthways into 8 slices

1 bunch rocket, trimmed (about 80g leaves)

250g cherry tomatoes, halved

2 Lebanese cucumbers, thinly sliced lengthways

100g Kalamata or black olives

Lemon wedges and crusty bread, to serve

White wine dressing

2 tbs extra virgin olive oil

1 tbs white wine or white balsamic vinegar

Salt and ground black pepper

1. To make dressing, combine oil, vinegar and salt and pepper to taste in a screw top jar. Shake until well combined. Set aside.
2. Heat olive oil in a non-stick frying pan over medium-high heat. Fry haloumi for 1 minute on each side or until golden. Transfer to a plate.
3. Arrange rocket, tomatoes, cucumbers, olives and warm haloumi on serving plates or a serving platter. Drizzle with dressing, season with pepper to taste and serve with lemon wedges and crusty bread.



Rocket

- Like its relatives, the Brassica group of vegetables (cabbage, cauliflower), rocket is high in antioxidants which help protect the body's health.
- A good source of beta carotene, which the body converts to vitamin A.
- Supplies vitamins C and E – both important for keeping blood vessels healthy and also iron, which helps make red blood cells.
- Provides dietary fibre which can help prevent constipation.

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