

# Pesto and Haloumi Salad

## Ingredients:

### For the Salad:

- ❖ 1 cup of spinach
- ❖ 1 red onion
- ❖ ½ a red capsicum
- ❖ ½ a yellow capsicum
- ❖ ½ a green capsicum
- ❖ 1 zucchini
- ❖ 1 handful of fresh basil
- ❖ 1 bunch of asparagus
- ❖ ½ cup broccoli
- ❖ ½ of eggplant
- ❖ 2 tbsp. of pesto
- ❖ 1tbsp. rosemary
- ❖ ¼ cup pine nuts
- ❖ ½ cup of pumpkin
- ❖ ¼ cup sundried tomatoes
- ❖ 100g of haloumi cheese
- ❖ Salt and pepper, to taste

Serves 2



## Method:

To begin, chop the onion, pumpkin, eggplant, sundried tomatoes, broccoli, capsicums, asparagus and zucchini into small pieces. Place in a baking tray with a drizzle of sunflower oil and rosemary and place in oven for approx. 15-20 minutes until soft. Once cooked combine vegetables with pesto, toasted pine nuts, basil and spinach and mix. In the meantime slice haloumi into strips and cook in a frying pan on medium heat for about 2 minutes on each side, or until golden brown. Remove haloumi from the heat and cut into smaller pieces and combine with salad. Season with pepper as per your preference and serve warm