



Product Spotlight: Nectarine

Eating nectarines is a healthy way to include many vitamins and minerals in your diet, and a medium-sized nectarine only has 60 calories.



Grilled Halloumi with Quinoa and Roasted Nectarine

Delicious seasonal sweet nectarines and local beetroot roasted with cumin seeds and served with cooked quinoa, fresh greens and grilled halloumi finished with a balsamic dressing.



30 minutes



2 servings



Vegetarian

Cooking for many

This dish works well as a side if you have many hungry mouths to feed! Serve it with grilled meat, chicken or fish; you could also add crispy chickpeas or more roasted veggies like carrots, tomatoes, red onion or

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	25g	57g

FROM YOUR BOX

BEETROOTS	2
NECTARINE	1
WHITE QUINOA	100g
HALLOUMI CHEESE	1 packet (180g)
MINT	1 packet
MESCLUN LEAVES	1 bag

FROM YOUR PANTRY

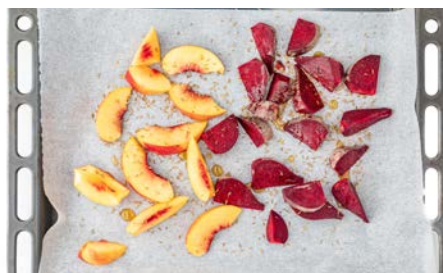
oil for cooking, olive oil, salt, pepper, maple syrup, balsamic vinegar, cumin seeds

KEY UTENSILS

oven tray, saucepan, griddle pan or frypan

NOTES

Thinly wedge the beetroots and leave the nectarine in slightly larger pieces as the beetroots take longer to cook. You can leave the nectarine fresh if you prefer!



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge **beetroots** and **nectarine** (see notes). Toss on a lined oven tray with **1 tsp cumin seeds, 1 tsp maple syrup, oil, salt and pepper**. Roast for 18–20 minutes or until golden and tender.



4. GRILL THE HALLOUMI

Heat a griddle pan or frypan over medium-high heat. Slice **halloumi**, coat with **oil** and **1/2 tsp cumin seeds**. Cook for 1–2 minutes each side or until golden. Set aside.



2. COOK THE QUINOA

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse, then press down in a sieve to squeeze out excess liquid.



3. PREPARE THE DRESSING

Whisk together **1 tbsp maple syrup, 3 tbsp balsamic vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**.



5. FINISH AND SERVE

Slice **mint leaves**.

Arrange **mesclun leaves** on a serving platter. Top with **cooked quinoa, roast vegetables**, and **halloumi**. Drizzle with **dressing** and garnish with **mint leaves**.



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