

WHO DARES SLIMS RECIPE

Chickpea, Pumpkin & Haloumi Salad



Tips

- You can swap the pumpkin for butternut squash or parsnips to shake it up.
- Don't take your halloumi off the heat until you plate up, it goes chewy very quickly!!
- For a nuttier flavour swap the olive oil for sesame oil then sprinkle with black and white sesame seeds.

Ingredients

- 1 pumpkin
- 1 tin of pre-cooked chickpeas
- Low-fat halloumi
- Bag of mixed leaves
- Radishes & cucumber, thinly sliced.
- Oil & Balsamic vinegar to serve

Preparation

- Pre-heat the oven to 200 degrees.
- Slice your pumpkin into slices of about 1cm thick and remove skin if it's thick. Coat in oregano, thyme and cracked black pepper. Roast for 25 mins.
- While the pumpkin roasts, plate up the main body of your salad with leaves, radishes and cucumbers then top with a two tablespoons of chickpeas.
- 5 minutes before your pumpkin is ready, slice your halloumi into thin slices and pop on a mid-high heat in a frying pan. Turn regularly until an even brown crust forms.
- Add your pumpkin and haloumi to your salad and dress with a drizzle of olive oil and balsamic vinegar.