



Wild rice and haloumi salad

20'

Hands on

80'

Cook Time

2-4

Portion(s)

2

Difficulty



Method

- Preheat oven to 180* C (350* F) Fan.
- Cook the wild rice in a **pot**, according to the instructions on the box. About 45 minutes.
- When ready, remove from heat, transfer to a strainer and rinse with cold water for about 30 seconds.
- Drain and set aside until needed.
- In the meantime, line a large **baking pan** with parchment paper.
- Add the sweet potatoes, red and yellow peppers and sprinkle with some cumin and 2 tablespoons of olive oil.
- Bake for 30 minutes, until golden.
- Add the sunflower seeds and bake for another 3-4 minutes.
- When ready, remove from oven and transfer to a large **bowl**.
- Add the spring onion, parsley and wild rice. Set aside.
- In a small bowl, combine the 2 tablespoons of olive oil, orange zest, orange juice.
- Pour the mixture in to the large bowl and gently toss.
- Place a **pan** over high heat.
- Add 1 tablespoon of olive oil and the haloumi.
- Cook on both sides for 1-2 minutes, until golden.
- **Cut** in to slices and add them to the salad.

Ingredients

- 150 g wild rice
- 500 g sweet potatoes, peeled and cut in to 1 ½ cm cubes
- 1 red bell pepper, cut in to 2 cm cubes
- 1 yellow bell pepper, cut in to 2 cm cubes
- 2 teaspoons cumin seeds
- 5 tablespoons olive oil
- 2 tablespoons sunflower seeds
- 2 tablespoons spring onions, only the green ends
- 2 tablespoons fresh parsley, finely chopped
- grated zest and juice from ½ an orange
- 150 g haloumi cheese

Διατροφικός πίνακας

Nutrition information per portion

551 Calories (kcal)	28.0 Total Fat (g)	9.0 Saturated Fat (g)	55.0 Total Carbs (g)
28%	40%	45%	21%
11.0 Sugars (g)	17.0 Protein (g)	6.2 Fibre (g)	1.3 Sodium (g)
12%	34%	25%	22%