



Halloumi zucchini and cherry tomato skewers

10'
Hands on

1'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 2 zucchinis, medium
- 1 onion, dry, large
- 250 g halloumi cheese, cut into 2 cm cubes
- 16 cherry tomatoes

For the marinade

- 1 tablespoon(s) olive oil
- 2 tablespoon(s) lemon juice
- 2 teaspoon(s) thyme
- 1 teaspoon(s) mustard, dijon

Διατροφικός πίνακας

Nutrition information per portion

272 Calories (kcal)	17.0 Total Fat (g)	11.0 Saturated Fat (g)	10.0 Total Carbs (g)
14%	24%	55%	4%
8.6 Sugars (g)	17.0 Protein (g)	3.2 Fibre (g)	2.0 Sodium (g)
10%	34%	13%	33%

Method

For the marinade

- Combine all of the ingredients for the marinade in a [bowl](#) and refrigerate until needed.

For the skewers

- Soak the wooden souvlaki skewers in water for 30 minutes. We can also use [stainless steel skewers](#).
- **Cut** the zucchini in half, lengthwise and then cut into half moon slices that are 1 ½ - 2 cm thick.
- Cut the onion into 6 pieces and separate its layers.
- Thread the zucchini, cheese, onions and cherry tomatoes on the skewers, alternating.
- Brush with marinade and grill on a bbq.