



Halloumi, bell pepper and lentil salad

Serves 1

1 red bell pepper, deseeded and quartered

2 tsp olive oil

145g (4.85 oz.) halloumi

115g (4.7 oz.) cooked lentils

110g (4.4 oz.) cherry tomatoes, halved

Juice of ½ lemon

Small bunch of parsley, chopped

Pinch of chili flakes

Pinch of dried oregano

Handful of arugula or watercress

Method

Preheat a griddle pan over a high heat. Brush the bell peppers with a little oil, lay on the griddle and cook for 4–5 minutes on each side. Remove from the pan and roughly chop.

Brush the halloumi with the remaining oil and cook for 1–2 minutes on each side. Meanwhile combine the bell peppers with the remaining ingredients in a large bowl and toss to combine. Serve the halloumi with the salad.

Tip

This recipe uses ready-cooked lentils for ease and speed, but you can cook your own if you'd prefer. Pour the uncooked lentils into a pan of water, bring to the boil then reduce to a simmer and cook for 25 minutes. Drain then weigh out portions according to the quantities above. Any leftover cooked lentils will keep for up to 3 days in the fridge.