

# nectarine, halloumi & rocket salad

Serves 4

## Ingredients:

### Dressing:

2 Tbsp extra virgin olive oil  
2 Tbsp honey  
Juice of 1 lime  
1/4 C coriander, finely chopped  
1 tsp flakey sea salt  
1/2 tsp whole grain mustard

### Salad:

1 C medium grain brown rice  
190g halloumi, sliced thick  
1/4 C sunflower seeds  
1/4 C pumpkin seeds  
1 avocado  
Juice of 1 lime  
Pinch flakey sea salt  
250g baby rocket  
1 red capsicum, chopped  
2 nectarines, sliced

## Method:

To make the dressing, combine all ingredients into a glass jar and shake well. Set aside.

Cook the rice with 2 cups of boiling water in a pot for 15 minutes or until tender. Fluff up with a fork and allow to cool slightly.

Heat a small pan over medium heat and add a drizzle of olive oil. Once hot, cook your halloumi slices for 1-2 minutes per side or until lightly golden. Remove and place onto a paper towel to drain and cool. Using the same pan, toast your sunflower and pumpkin seeds for 1-2 minutes or until lightly toasted.

Now that your rice is cool, mash your avocado and add this to the rice with the juice of 1 lime and pinch of flakey sea salt. Mix to combine.

In a large bowl, toss together the rice mixture, rocket, capsicum, nectarines, toasted seeds and halloumi. Drizzle over the dressing you had put aside earlier.

