



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

HALLOUMI & ROASTED VEGETABLES SALAD WITH GREEK YOGHURT DRESSING



PREP
15 min



COOK
35 min



SERVES
4

INGREDIENTS:

- > 1 Cup Black Rice
- > 1 Dutch Carrots Bunch
- > ¼ Cut Jap Pumpkin
- > 1 Red Onion
- > 225g Halloumi Cheese
- > 2 Broccolini Bunch
- > 150ml Greek Yoghurt Dressing

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Caramelised Balsamic Vinegar
- > Salt and Pepper

METHOD – GET COOKING!



1 Preheat the oven to 200°C and cook the **black rice** as per packet instructions.

Wash the **carrots** thoroughly. Trim the **tips off the carrots** and **reserve some leaves for garnishing**.

Clean the **skin of the pumpkin** and **remove the seeds**. Cut the **pumpkin and red onion into 1cm wedges**. Cut the **halloumi into 5-6 slices**. **Set all ingredients aside**.

2 Place the **carrots and onion wedges** onto a lined **baking tray**, **season with salt and pepper**, **drizzle with olive oil** and a splash of **caramelised balsamic**. Place into the oven and **cook for 35 minutes or until golden brown**.

In a **separate lined baking tray**, place the **pumpkin and season** with salt and pepper. **Drizzle with olive oil** and some **caramelised balsamic**. Place into the oven and **cook for 35 minutes**.

3 Bring a large **frying pan to a high heat**, **drizzle olive oil** and **sear the broccolini** for 2 minutes on **each side until golden brown**. Remove from the pan and **set aside**.

In the **same frying pan** on a high heat, **drizzle more olive oil** and **sear the halloumi slices** for approximately 2 minutes **until golden brown**. **Remove from heat and set aside**.

4 Place the **rice on a serving platter**, add the cooked **vegetables to build into layers**, **tear the halloumi cheese around salad** and **drizzle with the Greek yoghurt dressing**.

Garnish with reserved carrots leaves and serve warm or at room temperature.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- If Dutch carrots are thick, cut them in half to ensure they evenly cook with other vegetables.
- Use leftover rice in another salad with vegetables and fish.
- Use leftover dressing on a wrap or on a delicious Greek salad.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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