



BEET AND HALLOUMI SALAD WITH ORANGES, PICKLED ONIONS, AND FRESH HERBS

FAST. EASY. FRESH.

1. Start by preheating your oven to 425°F. Next, wash your **beets**, trim the ends off and cut each beet in half. Slice the beets into half-moons as thinly as possible and then place in a bowl with 1 Tbsp. **olive oil** and a good pinch of **salt** and **pepper**. Toss to combine and then spread onto a parchment-lined baking sheet and roast in the oven for 20-25 minutes; or until fork tender.

2. Meanwhile, prep your remaining ingredients. Peel and very thinly slice half of the **red onion** (save the rest for another use!) and place into a small bowl with the **apple cider vinegar** and stir to evenly coat the red onion. Set aside.

3. Trim the ends off the **oranges**, and then using a knife or your hands, peel the oranges and separate into segments. Pick the leaves of the **mint** and give it, and the **dill**, a rough chop.

4. Cut your **halloumi** into ¼-inch slices and then place in a large pan over medium-high heat. Cook on each side for 1-2 minutes, until it begins to turn golden brown.

5. Once your beets are cooked through, assemble the salads. Place the **arugula** evenly into dishes then top with the roasted **beets**, **oranges**, fried **halloumi**, **cranberries**, **pumpkin seeds**, **dill**, and **mint**. Give the **onions** one last toss and then place over the salad and drizzle with the remaining **vinegar**. Enjoy!



Ingredients (2 Person Serving – 624 Calories Per Serving)

Red Onion	1	Halloumi	160 g
Apple Cider Vinegar	2 Tbsp.	Dried Cranberries	40 g
Oranges	2	Pumpkin Seeds	2 Tbsp.
Arugula	50 g	Mint	8 g
Red Beets	400 g	Dill	5 g
Olive Oil	1 Tbsp.	Salt and Pepper	To Taste

35 Minute Cook Time!