



Cypriot Grains with Halloumi Fries



VEGETARIAN

196 calories per serving

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Freekeh is an ancient whole grain with a high nutritional value, compared to brown rice it has double the amount of protein and iron and three times the amount of fibre, not only that it is also lower in calories than brown rice and has a low glycaemic index which makes it a good choice for those managing diabetes.

Fast facts



- Carbs 35%
- Protein 28%
- Fat 37%

Category: Lunch

Difficulty Level: Easy

Time to prepare:

10 minutes

Time to cook:

20 minutes

Serves: 4

Portions of Fruit or Vegetables per

portion: 1.5

Calories:

196kcal per serving

Ingredients

- 110g freekeh wheat
- 235g tinned green lentils
- 1 small red onion, finely chopped
- 1 tbsp mixed seeds
- 10g chopped almonds
- Juice of half lemon
- 10g fresh coriander
- 10g fresh parsley
- 80g pomegranate seeds
- 200g cucumber, cut into small pieces
- 10g dill
- 100g fat free natural yoghurt
- 120g light halloumi cheese
- Few sprays of frylight

Method

1. First of cook the freekeh wheat according to instructions, this should take around 20 minutes.
2. Now in a large mixing bowl mix the freekeh, green lentils, finely chopped red onion, mixed seeds, chopped almonds, juice of half lemon, coriander, parsley, pomegranate and cucumber together to combine all the ingredients. Once the grains are combined make the halloumi fries, take a non stick frying pan on a medium heat, cut the halloumi into fries, spray with fry light and fry on both sides until golden brown on both sides. This should take about 5 minutes.
3. Finally, to make the dressing, in a bowl, combine the yoghurt, dill, 50g cucumber and stir together.
4. Plate the grains, place the halloumi fries on top and drizzle with dressing.



