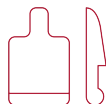




Grilled Watermelon and Halloumi Salad



DIFFICULTY: EASY



PREPARATION TIME: 35
MINUTES



COOKING TIME: 10 MINUTES



SERVES: 2

Ingredients

For the salad:

- 1 small red onion
- 2 limes
- 2 tsp icing sugar
- 250 g fregula sarda
- approx. 1 kg watermelon, about 1/2 medium melon
- 3 tbsp olive oil
- approx. 600 g halloumi
- 1 handful of mint leaves
- 1 bunch of parsley
- 50 g shelled pistachios, roasted and roughly chopped
- salt
- pepper

For the dressing:

- 2 tbsp balsamic vinegar bianco
- 4 tbsp olive oil

Method

Peel the onion and cut into fine rings. Mix in a small bowl with the lime juice, zest and icing sugar. Leave to infuse for about 30 minutes.

Boil a pan of salted water. Cook the fregula sarda until al dente and drain.

Halve or quarter the watermelon and cut into slices about 1 cm thick, removing the rind.

Preheat the griddle well. Drizzle the halloumi with a little oil and place on the watermelon on the grill plate. Fry for 4-5 minutes on each side. Once the halloumi is cooked, cut into triangles. Cut the melons into smaller pieces too.

For the dressing, mix all the ingredients together and season with salt and pepper. Wash, shake dry and chop the mint and parsley.

Mix the fregula sarda in a bowl with 2/3 of the dressing and the herbs.

Serve the salad with the melons, halloumi and onions. Sprinkle the pistachios over the salad. Finally, drizzle over the rest of the dressing. Serve immediately while the halloumi is still warm.

1/2 tbsp honey

salt, pepper

Notes
