

MedWatch RECIPES

T O D A Y

Grilled Halloumi Summer Salad

by Chef Jeromie Hansen, *The Painted Table*

Yield: Serves 4

Ingredients:

- 3 tbsp. extra virgin olive oil
- ½ of a lemon
- ½ tbsp. honey
- 1 tbsp. pink peppercorns
- 2 cups mixed cherry tomatoes
- 6 cups strawberries (reserve 2 whole for dressing)
- 1 large bunch of watercress (can substitute arugula)
- 1 brick of halloumi cheese (optional)

Directions:

1. To grill the halloumi cheese, use a grill pan or broil in the oven. Make sure to get a nice char on the cheese. Set aside.
2. For the dressing, toast the peppercorns in a dry frying pan for 1-2 minutes until fragrant, then bash briefly using a pestle and mortar with a pinch of salt to break up the skins. Add the 2 strawberries and smash them to a paste.
3. Stir in the honey and lemon juice. Tip the dressing into a large bowl, and whisk in the olive oil. Check for seasoning, then add a little more salt or lemon juice, if you like.
4. To assemble the salad, cut the strawberries into quarters or slim wedges, and roughly chop the tomatoes, slicing some and halving others so you get different shapes. Mix in a bowl with the watercress.
5. Divide the salad between four plates or pile onto a platter. Spoon over any dressing left in the bowl.