






Cooking Made Easy

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Bodacious Black Bean, Halloumi and Quinoa Salad

Quinoa's never been in such good company! Not only is this Mexican inspired, bodacious black bean, halloumi and quinoa salad very quick to make, but it will leave you wanting more. More of that succulent halloumi marinated in paprika and more of this fresh sweetcorn, straight from the cob - not a can in sight! You should have some lovely seasonal spinach left over from your coconut dal, use this to make your salad lovely and green.

 25 min

 veggie

 gluten free



Quinoa



Spring Onion



Red Pepper



Baby Spinach



Organic Black Beans



Coriander



Corn on the Cob



Halloumi





Smoked Paprika




Lime

Ingredients

	2P	4P
Quinoa	¾ cup	1½ cups
Spring Onion, sliced	2	3
Red Pepper, diced	1	2
Baby Spinach, shredded 	100g	200g
Organic Black Beans	1 tin	2 tins
Coriander, chopped	2 tbsp	4 tbsp
Corn on the Cob	1	2
Halloumi, sliced 1	1 pack	2 packs
Smoked Paprika	1 tbsp	2 tbsp
Lime	1	2

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk

Nutrition per serving: Calories: 846 kcal | Protein: 49 g | Carbs: 92 g | Fat: 32 g | Saturated Fat: 17 g



1 Put the quinoa in a large pot of water, bring to the boil and cook for 20 mins. Drain well and put the quinoa back in the pot, covered with a tea towel. **Tip:** *If you have a fine enough sieve, you can rinse the quinoa before putting in the water. This will enhance the flavour.*



2 Finely slice the spring onion, separating the white and green parts. Cut out the core of the red pepper and finely dice into ½cm cubes. Shred the spinach finely and drain and rinse the black beans. Finally, roughly chop the coriander.



3 Place the corn vertically on your chopping board (i.e. with the base on the board) and rest your hand on top. Run your knife downwards to remove the corn from the cob. Mind it doesn't ping all over the place!



4 Cut the halloumi into 1cm thick slices. Mix the smoked paprika with ½ tbsp of oil, ¼ tsp of salt and a good grind of black pepper. Add the zest from half the lime and coat the halloumi slices in this mixture. Heat a large pan over medium heat with ½ tbsp of oil,

add the halloumi slices and cook for 2-3 mins on each side, or until just golden, then remove from the pan.

5 In the same pan, add the corn kernels and cook for 5-8 mins until golden. Add the whites of the spring onion for the last minute of cooking. **Tip:** *If there's too much from the remains of the halloumi in the pan, give it a quick wipe with some kitchen towel before cooking the corn.*

6 Cut the cooked halloumi into pieces the size of a 20p. Mix the beans, cooked quinoa, red pepper, corn and whites of spring onion, coriander, spinach and halloumi pieces in a large bowl.

7 Make a dressing using the juice of the lime and adding 2 tbsp of olive oil, ¼ tsp of salt and a good grind of black pepper. Dress the salad at the table, top with the greens of the spring onions and serve immediately.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!