



QUINOA SALAD WITH AUBERGINE, CHICKPEAS AND HALLOUMI

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

1 aubergine, sliced and quartered
1 can / jar of chickpeas, drained
250g fresh or frozen peas
250g halloumi
250g mixed quinoa (cooked according to instructions or use a ready cooked pouch for convenience)
Fresh mint leaves, finally chopped
3-4 tablespoon plain live yoghurt
Ground cumin
Smoked paprika
Olive oil
Salt and pepper

PREP TIME

Prep time: 5mins

Cook & assemble time: 40mins

METHOD

- Preheat oven at 200°C.
- Cook quinoa according to packet instruction and set aside (or use a ready made pouch such as Merchant Gourmet as we sometimes do).
- In a bowl, add 2 tablespoons of the olive oil, chickpeas, cumin smoked paprika, salt and pepper and mix well.
- Add the seasoned chickpeas to a baking tray and slide in the oven for 30 minutes.
- In a griddle pan, add 3-4 tablespoons of olive oil and heat up.
- Add the chopped aubergines and cook on low for about 15-20 minutes.
- Set the aubergines aside and use the pan to cook the halloumi.
- Add halloumi to griddle pan and grill for a few minutes on each side.
- Cook your peas and cool under water to keep their vibrant colour.
- To assemble the salad: add the quinoa, aubergine, peas and chopped fresh mint to a salad bowl and mix well. Add the halloumi, salt, pepper and a good drizzle of olive oil.
- In a side bowl, mix the live yoghurt with some chopped mint.

For more recipes visit www.thehealthboost.co.uk