



HALLOUMI AND BUTTER BEAN BAKE

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 tbsp olive oil
- 1 red onion, sliced
- 2 garlic cloves
- 2 tsp smoked paprika
- 1 tsp chilli flakes
- 1 tsp oregano
- 1 jar of roasted red peppers, sliced
- 2 tins (800g) chopped tomatoes
- 1 jar (600g) butter beans
- 1 packet (225g) halloumi
- 2 large handfuls of fresh spinach

METHOD

- Preheat oven to 180°C.
- Heat a large pan suitable for the oven over a medium heat and add the olive oil. Once warm add the sliced red onion and cook over a gentle heat for 8 minutes.
- Add the garlic cloves and cook for a few more minutes.
- Add the smoked paprika, oregano and chilli flakes.
- Stir and then add the peppers and tinned tomatoes.
- Stir everything together and leave to bubble for a few minutes.
- Add the butter beans and sliced halloumi.
- Add to the hot oven to bake for 20 minutes.
- Stir in the fresh spinach and leave to wilt before serving.

PREP TIME

- 30 minutes

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