



# QUINOA TABBOULEH WITH HALLOUMI

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

Serves 2

200g uncooked quinoa  
150g halloumi  
2 large tomatoes  
1/2 cucumber  
large bunch of parsley,  
stalks removed  
2 spring onions  
2 tablespoons mint leaves,  
stalks removed  
1/2 lemon  
3 tablespoons extra virgin  
olive oil  
sea salt and pepper to taste

## METHOD

1. To cook the quinoa first dry toast it by adding to a saucepan and cook over a heat for a few minutes. This adds a nutty taste to the quinoa. This step can be omitted for speed.
2. After dry roasting the quinoa add the quinoa and double the water to the saucepan, bring to the boil and cook over a gentle heat until the water has evaporated and the quinoa is cooked.
3. Cube the halloumi and add to a frying pan and cook until lightly brown on both sides.
4. While the quinoa is cooking finely chop the parsley, tomatoes, cucumber, mint leaves and spring onion.
5. Add to a bowl along with the cooked quinoa.
6. Add the olive oil and juice from the lemon.
7. Season with salt and pepper.
8. Top with the cooked halloumi.

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