



# SPINACH, LENTIL AND HALLOUMI SALAD

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

Serves 1

100g halloumi

Large handful of baby spinach

1/2 green pepper

1/4 cucumber

1/2 jar or tin of lentils (200g)

3 tbsp extra virgin olive oil

1 tbsp apple cider vinegar

1 tsp Dijon mustard

salt and pepper

## METHOD

1. Dice the halloumi cheese and place on heat in a dry frying pan until golden brown each side.
2. Add the spinach to a bowl, along with the chopped green pepper and chopped cucumber.
3. Top with the lentils and cooked halloumi.
4. Add the extra virgin olive oil, apple cider vinegar, mustard and salt and pepper to a jar and shake.
5. Pour the dressing over the salad.