

Halloumi with Bell Peppers and Warm Tomato Vinaigrette

Halloumi comes originally from Cyprus and is traditionally made from sheep's milk or a mix of sheep's and goat's milk, though cow's milk versions are now common as well. Its firm structure and salty profile make it especially useful in hot dishes because it holds its shape instead of melting away.

Servings

2 large servings

Prep and cook time

about 20 minutes

Nutrition per serving

589 kcal | 28 g protein | 41 g fat | 19 g carbs

Ingredients

- 225 g halloumi (8 oz)
- 200 g bell peppers (7 oz)
- 180 g tomatoes (6 oz)
- 1 small red onion
- 1 tbsp olive oil
- 1 tsp red wine vinegar or lemon juice
- 1 tbsp chopped parsley
- black pepper

Method

- 1 Cut the halloumi into thick slices. Slice the bell peppers and onion and chop the tomatoes.
- 2 Heat half of the olive oil in a skillet and cook the peppers and onion until they soften and pick up a little color.
- 3 Add the tomatoes and cook briefly so they warm through but still keep freshness.
- 4 Stir in the remaining olive oil, the vinegar or lemon juice, and the parsley.
- 5 In a second pan or the cleared skillet, sear the halloumi on both sides until lightly golden.
- 6 Serve the halloumi with the warm tomato vinaigrette and peppers spooned over or alongside.

What matters

- Halloumi browns better in a dry or lightly oiled pan.
- Tomatoes should stay bright and not turn into a heavy sauce.
- The vinaigrette works best warm, not piping hot.

Variations

- Zucchini works well with the peppers.
- Mint can replace part of the parsley.
- A few olives fit naturally with these flavors.