

Halloumi Tomato Salad with Fresh Herbs

Prep: 10 minutes • Cook: 5 minutes

Crispy seared halloumi meets juicy ripe tomatoes under a bright, punchy lemon-herb topping with parsley, mint, scallion, and capers. A vibrant, briny-savoury salad ready in minutes, perfect for warm-weather entertaining.

Ingredients

- 1 lemon (zest and juice)
- 2 tablespoons flat-leaf parsley (minced)
- 2 tablespoons mint (minced)
- 2 tablespoons scallion (green onion) (minced)
- 2 tablespoons capers (minced, drained)
- 1/4 teaspoon black pepper
- 3 large tomatoes
- 3 tablespoons extra-virgin olive oil
- 8.8 oz Halloumi cheese (1 block)

Instructions

1. Zest and juice 1 lemon; measure 2 teaspoons zest and 2 tablespoons juice. Set the lemon juice aside for finishing.
2. In a small bowl, combine lemon zest, parsley, mint, scallion, capers, and black pepper. Stir and set aside.
3. Slice tomatoes into thick slices (about 1/3 inch).
4. Slice halloumi into 1/4-inch slices. Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high. Sear halloumi in a single layer until golden, about 2 minutes per side.
5. Arrange tomatoes and seared halloumi on a platter. Stir 2 tablespoons lemon juice and remaining 2 tablespoons olive oil into the herb mixture, spoon over the salad, and serve immediately.

Tags: Vegetarian, Gluten Free, Salad, Summer, Halloumi, Tomato
