

Pumpkin, Artichoke and Haloumi Cheese Salad



R & J Mazza
GLOBE ARTICHOKES

Ingredients

250g butternut pumpkin, thickly sliced,
75g rocket lettuce,
180g haloumi cheese, sliced thickly
and cut into triangles,
150g artichoke hearts, sliced,

Dressing

1 teaspoon wholegrain mustard,
1 teaspoon mayonnaise,
2 tablespoons olive oil,
Juice of ½ lemon,
½ teaspoon of dried oregano
Salt & cracked pepper, to taste,



Garnish

Pomegranate seeds

How to Prepare

1. Boil water in a saucepan, when boiling add pumpkin slices and bring back to the boil. Reduce heat and simmer for 3 minutes or until pumpkin is slightly tender. Be careful not to overcook. Drain and set aside.
2. Oil grill plate and heat. When hot, cook pumpkin until golden and set aside. Grill haloumi cheese slices until browned. Set aside.
3. Place dressing ingredients into a small bowl and whisk until well blended.
4. Place baby salad mix and artichoke hearts in a bowl. Pour in dressing and mix well. Add pumpkin and cheese. Mix gently and place in the large dish.
5. Sprinkle with pomegranate seeds

Serves 4

