

Halloumi with bulgur wheat and Mediterranean veg

Serves 4



Ingredients

- 100g halloumi, cubed
- 1 tbsp oil
- 1 red onion
- 120g bulgur wheat
- 1 vegetable stock cube
- 1 aubergine cut
- 1 yellow pepper
- 2 medium courgettes
- 6 cloves garlic unpeeled
- 2 handfuls cherry tomatoes
- 2 roasted peppers from a jar
- 2 handfuls black olives
- 1 400g tin chickpeas
- 3 tbsp chopped fresh herbs such as dill, mint, parsley, coriander

Method

Preheat the oven to 200C. Cut the aubergine, courgette and pepper into bite-size chunks and add to a roasting tin with the cherry tomatoes and garlic cloves. Toss with the oil and roast in the oven for about 20 mins until the vegetables have softened and are starting to turn golden.

Meanwhile, put the bulgur wheat, stock cube and 600ml cold water into a pan and bring to the boil. Simmer for 15 mins until the bulgur wheat is tender.

While the bulgur wheat is cooking, add the halloumi to a non-stick frying pan and fry, stirring, until golden on all sides.

When everything is cooked, remove the garlic cloves from the roasting tin and combine all the ingredients in a large serving dish with the olives, chickpeas and chopped herbs.