



microtown 

Changing the world one Microgreen at a time



Halloumi, Honey & Lime Microgreen Salad



An awesome vegetarian salad that is absolutely delicious!
Serves 2

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Microgreens grown
sustainably & locally
in Eltham

What you'll need:

- 3 cups of mixed microgreens
- 250g Halloumi Cheese cut into 1cm slices
- 1 Tsp olive oil
- 1 fennel bulb thinly sliced
- ½ cup of mint leaves
- 1 cup cherry tomatoes

Dressing:

- 1 thinly sliced jalapeno
- 2 Tbsp Lime juice
- 3 Tbsp Honey
- 1 tsp olive oil

Let's do it:

1. To make dressing
 - a) Mix lime juice, jalapeno and honey. Place in a saucepan and gently simmer for 2 minutes, stirring consistently.
 - b) Remove from the heat and add the olive oil. Stir to combine.
 - c) Allow to cool.
2. Mix microgreens, fennel, mint and cherry tomatoes in a bowl.
3. Add the dressing and toss.
4. Preheat a non-stick frying pan over high heat.
5. Dry the halloumi cheese slices by blotting them with a paper towel. Place the slices on a plate and brush both sides lightly with the olive oil to coat each thoroughly.
6. Sear the cheese in the hot pan until each slice develops a deep brown crust, about 1 minute on the first side and 1 to 2 minutes on the other.
7. Place the cheese on top of the salad and serve.

