Main dishes

Halloumi Grain Bowls

Nutty, chewy farro tossed in a sharp lemon-oregano dressing with crisp cucumber, sweet tomatoes, and briny olives, topped with slabs of halloumi seared to a squeaky golden crust.

Time 45 min **Servings** 4

What you'll need.

- ☐ 250 g Semi-pearled farro, rinsed
- ☐ 2000 ml Water, for cooking the farro
- ☐ 60 ml Extra-virgin olive oil
- ☐ 40 ml Lemon juice
- ☐ 1 tsp Honey
- ☐ 1 cloves Garlic, finely grated
- ☐ 1 tsp Dried oregano
- ☐ 250 g Cucumber, diced
- ☐ 250 g Cherry tomatoes, halved
- ☐ 0.5 whole Red onion, thinly sliced
- ☐ 60 g Kalamata olives, pitted and halved
- ☐ 20 g Fresh mint and parsley, chopped
- ☐ 250 g Halloumi (vegetarian rennet), cut into 1 cm slabs
- ☐ 0 to taste Salt and black pepper

Let's make it.

01 Bring the water to a boil with 2 teaspoons salt. Add the farro and boil like pasta for 20–25 minutes until tender but chewy. Drain well and spread on a tray for 5 minutes to steam off and cool slightly.

02 In a jar, combine 45 ml of the olive oil with the lemon juice, honey, garlic, oregano, 1/2 teaspoon salt, and plenty of pepper. Seal and shake hard for 15 seconds.

03 Toss the warm farro with two-thirds of the dressing and let it sit 5 minutes to absorb. Add the cucumber, tomatoes, red onion, olives, and herbs and toss again. Taste and adjust salt.

04 Pat the halloumi slabs very dry. Heat the remaining 15 ml olive oil in a nonstick skillet over medium-high heat. Add the halloumi in a single layer and cook 2–3 minutes per side, without moving, until deep golden. Serve within a few minutes — halloumi toughens as it cools.

05 Divide the farro salad among four bowls, top each with hot halloumi, and spoon over the remaining dressing.

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Servings are an estimate; check quantities in the source recipe.
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