



Moroccan Carrot, Chickpea & Halloumi Salad

1 serving

10 minutes

Ingredients

47 grams Halloumi (sliced)
82 grams Chickpeas (cooked, drained)
2/3 Carrot (small, julienned)
18 grams Raisins
1 gram Cumin
5 milliliters Lemon Juice
10 milliliters Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	478
Fat	27g
Saturated	12g
Carbs	42g
Fiber	8g
Sugar	18g
Protein	20g
Cholesterol	42mg
Sodium	632mg
Potassium	536mg
Vitamin A	6834IU
Vitamin C	6mg
Calcium	500mg
Iron	4mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	15µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg

Directions

- 1 Heat a non-stick pan over medium-high heat. Cook the halloumi slices until golden brown, about one to two minutes per side.
- 2 Mix the rest of the ingredients together. Season with salt and pepper.
- 3 Divide the salad and halloumi between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/3 cup.

Make it Vegan: Use tofu instead of halloumi.

More Flavor: Add couscous.

Additional Toppings: Fresh parsley or cilantro.

No Raisins: Use dried cranberry instead.



Folate	151µg
Vitamin B12	0µg
Phosphorous	177mg
Magnesium	56mg
Zinc	1mg
Selenium	3µg