

Red RomaBlend® Beet Carpaccio Salad with Fried Halloumi & Walnuts

Servings

6

Calories

200

Prep Time

25 minutes

Total Time

1 hr 25 minutes

Skill Level

Easy

Ingredients

- 2 medium-sized red beets, trimmed
- 2 medium-sized golden beets, trimmed
- 8 ounces halloumi cheese
- Salt, freshly ground pepper, and red chili flakes, to taste
- 2 cups Mann's Red RomaBlend®
- Fresh lemon juice and extra virgin olive oil, to toss the greens
- Handful of walnut halves



The Method

Preheat oven to 400°F. Drizzle red and golden beets with olive oil, then wrap red beets in one sheet of aluminum foil and golden beets in a separate sheet. Place both foil packets on a baking sheet and roast until the beets are tender, about 1 hour. Once removed from the oven, allow them to cool, then remove the skin using a paper towel.

While the beets are roasting, cut the halloumi into 1-inch cubes and pat dry with a paper towel. Add 2 tablespoons of olive oil in a large skillet over medium-high and add the cheese cubes. Cook a few minutes until the bottoms are golden brown. Turn the cubes over with a spatula and finish browning the other sides. Remove the cubes to a bowl, and season with salt, ground pepper, and red pepper flakes.

To assemble, thinly slice the roasted beets on a mandolin. Toss the Red RomaBlend with the fresh lemon juice, olive oil and season with salt and pepper. Arrange the beets, salad greens and halloumi cubes on a serving platter, keeping each salad component separate. Throw a handful of walnuts on top and serve.

Nutrition Facts

Serving Size: 175g | Servings: 6

Amount Per Serving

Calories 200 | Total Fat 14g (sat fat 7g trans 0g) | Cholesterol 30g | Sodium 530mg | Total Carbohydrate 9g | Dietary Fiber 3g | Sugars 5g | Protein 11g | Vitamin D 0% | Calcium 25% | Iron 10% | Potassium 6%