THE LIGHTER PLATE METHOD

Halloumi, Tomato & Rocket Breakfast Muffin

Squeaky griddled halloumi with peppery rocket and warm tomato in a soft muffin.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
4 min	**8 min**	**12 min**	**2**	**EASY**

Ingredients

- 120 g halloumi (cut into 6 slices)
- 2 wholemeal English muffins (split)
- 1 large tomato (thickly sliced)
- 1 large handful rocket
- 1 tbsp olive oil
- black pepper

Method

1. Heat a dry non-stick frying pan over a medium-high heat. Add the halloumi and cook for 2 minutes each side, until deep golden and squeaky.
2. Push the halloumi to one side, add the oil and the tomato slices, and cook for 1 minute each side just to warm and soften them.
3. Toast the muffins.
4. Build each muffin with tomato, then halloumi, then a generous handful of rocket. Finish with plenty of black pepper.

Tips & swaps

- Halloumi needs no oil and no salt. Serve it straight from the pan; it turns rubbery within a few minutes of cooling.

Storage & reheating

Best eaten immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

340	**17g**	**30g**	**17g**	**3g**

Estimated values, for guidance only. Contains: Milk, Gluten.