THE LIGHTER PLATE METHOD

Roast Pumpkin, Freekeh & Halloumi Salad

Chewy freekeh, sweet roasted pumpkin and squeaky griddled halloumi — a proper full-meal salad.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**35 min**	**50 min**	**4**	**EASY**

Ingredients

- 600 g pumpkin or butternut squash (cut into wedges)
- 150 g freekeh (or bulgur wheat)
- 225 g halloumi (sliced)
- 60 g rocket
- 30 g pumpkin seeds
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar

Method

1. Heat the oven to 200°C (fan 180°C). Toss the pumpkin with 1 tbsp of the oil and roast for 30–35 minutes, until tender and caramelised.
2. Meanwhile, cook the freekeh according to the pack instructions, then drain and cool slightly.
3. Toast the pumpkin seeds in a dry pan for 2 minutes, then set aside.
4. In the same pan, griddle the halloumi for 2 minutes each side, until golden.
5. Toss the freekeh with the remaining oil and balsamic, then build the salad with rocket, roast pumpkin, halloumi and pumpkin seeds.

Tips & swaps

- Halloumi turns rubbery fast once it cools — serve this while it's still warm from the pan.
- Bulgur wheat is a good, quicker-cooking swap for freekeh.

Storage & reheating

The pumpkin and freekeh keep for 2 days; cook halloumi fresh each time.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
420	**17g**	**42g**	**20g**	**7g**

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