



AIRFRYER HALLOUMI FRIES AND CORN

(SERVES 2)

INGREDIENTS:

- 200g reduced fat halloumi, cut into sticks
- 2 tbsp plain flour
- ½ tsp paprika
- Salt and pepper
- 2 tbsp lemon juice
- 100ml 0% Greek yoghurt
- 2 tbsp butter
- ½ teaspoon harissa paste
- 1 tsp honey
- 4 corn cobs
- Pomegranate seeds to serve

INSTRUCTIONS:

- Mix the salt, pepper and paprika into the flour. Place halloumi in the seasoned flour and coat well.
- Mix together the butter, chipotle paste and honey. Using a pastry brush, coat the cobs with half the butter.
- If using an air fryer, spray the crisper drawer with some oil and place the halloumi in it. Select air fry and cook for 13 minutes adding in the corn after 3 minutes. Shake the content of the drawer twice during cooking.
- If using an oven pre-heat to 200c and place halloumi and corn on the cob on a non-stick baking tray. Cook for 15-20 minutes until the halloumi is crispy and the corn has browned a little.
- Meanwhile mix up the lemon juice and Greek yoghurt to make a quick dressing.
- When ready to serve stack the halloumi fries on a plate and drizzle with the yoghurt dressing and sprinkle with pomegranate seeds. Place the corn alongside and split the remaining butter between the 2 servings.
- Add a green salad or other vegetables as you desire.

580 cals 25g P 5g C 26g F