



HALLOUMI & COURGETTE LOAF (SERVES 4)

INGREDIENTS:

- 3 medium courgettes, grated and the water squeezed out
- 250g halloumi, grated
- 1 red onion, diced
- 9 eggs, beaten and seasoned with salt and pepper to taste (take care as halloumi is naturally salty)
- 2 tsp dried mint

INSTRUCTIONS:

- Preheat your oven to 180c/gas mark 4. Loosely line an ovenproof dish with grease proof paper.
- Combine the courgette and halloumi in a bowl and add the dried mint.
- Add the eggs and mix thoroughly
- Pour the mixture in the ovenproof dish and bake for approximately 30 minutes. The bake will have puffed up and turned golden brown on the top. Check that the middle is cooked by inserting a knife and seeing if any liquid appears.
- Allow to cool slightly before lift out of the dish with the grease proof paper.
- Serve with veggies or salad of your choice.

Add some chilli flakes if you want to spice it up a bit.
You can make this up in advance and store in the fridge for up to 3 days.

400 cal 30g P 6g C 28g F