

Pan Fried Spicy Halloumi on Pepperonata



Gluten and dairy free

Serves: 4

Profitability:

Steps:

Heat oil in a heavy-based pan and add the onions. Reduce heat and cook without colouring for about five minutes.

Add garlic and peppers. Cook without colouring for about 10 minutes on a medium heat until wilting.

Season and add sultanas. Cook for 40 minutes on low heat until very soft and melting - add a little olive oil if the mixture is too dry. Stir occasionally.

Add capers and check seasoning.

Unwrap halloumi, slice into 1cm thick pieces.

Heat a sauté pan, add a little vegetable oil and once hot add sliced halloumi cheese and cook over a medium heat for about five minutes until the underside starts to brown.

Sprinkle a little red and black pepper seasoning onto the top sides of the cheese, flip over with a palette knife to cook the other side that you have seasoned.

When cheese is browned on both sides, remove from the pan and place on kitchen paper to drain.

Ingredients:

Bell peppers 5 mixture of red, yellow and orange, de-seeded and sliced

Olive oil 6 tbsp

Onion 1 large, peeled and sliced

Garlic cloves 2, finely grated

Capers 2 tbsp, drained

Sultanas 1 large handful

Halloumi cheese 2 packets (goat's milk, or use silken tofu for vegans)

Red & Black Pepper seasoning

Vegetable oil 2 tbsp

Salt 1/2 tsp

Freshly ground black pepper 1/4 tsp

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