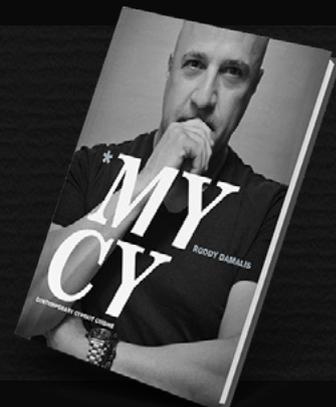




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Hiomeri & Halloumi Sallad,

avocado, wild stemmed caper, black cumin seed & glystarka
bound with a pink grapefruit dressing

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Preparation
30'



Serves
4-6

Ingredients

SALAD:

- 500g salad leaf mix
- 250g "hiomeri" (very thinly sliced)
- 200g halloumi (coarsely grated)
- 2 large avocado (sliced)
- 1 large yellow bell pepper (sliced)
- 1 large red bell pepper (sliced)
- 6 medium raw button mushrooms (sliced horizontally)
- 100g wild stemmed caper
- 1 tsp "mavrokokkos" (black cumin seed)

DRESSING:

- ½ cup olive oil
- ½ pink grapefruit juice
- 1 tbsp honey
- salt & fine black pepper

Execution

SALAD:

Place mixed leaves, peppers & mushrooms on a flat platter, as to showcase all the interesting, colourful ingredients & for a more even distribution of the dressing. Add "hiomeri", avocado & wild stemmed caper. Drizzle with dressing, sprinkle with black cumin seed and place "glystarka" rusk on top.

DRESSING:

Blend all ingredients together in a blender.

RD:

The wild stemmed caper, prevalent on the Cypriot table, can also be puréed into salad dressings or finely chopped in butter or olive oil as a topping for grilled fish.

Notes:

A delicious salad with many of our favourite Cypriot products that works very well as a main course.

The "glystarka" can be used to replace croutons in other salad & soup recipes.