

Summer Buddha Bowl with barbecued Halloumi



Informations

People : 4

Preparation : 30 min.

Cooking time : 30 min.



Ingredients

- 200 g Halloumi
- 2 avocados
- 40 g lupin seeds
- 2 large tomatoes
- ½ cucumber
- 60 g rice
- 40 g black olives
- 1 large courgette
- 1 onion
- Basil
- Flat leaf parsley
- 10 cl olive oil
- 2 limes
- Table salt, pepper

Preparation steps

1. Cook rice in large quantity of salted water, meanwhile prepare vegetables. Wash all vegetables in water.
2. Cube tomatoes.
3. Slice cucumber and avocado. Cube courgette, pan-fry in olive oil, season then set aside at room temperature.
4. Preheat barbecue to 200°C.
5. Slice cheese thickly and grill on all sides on sear grate.
6. Arrange all vegetables attractively in a bowl and season with a little olive oil and the lime juice. Season with table salt and pepper.
7. Garnish with basil and parsley.
8. Serve with grilled Halloumi.

? **Tips and Ideas:** There are all sorts of different Buddha bowls to give you plenty of ideas for your own take on this summer starter.