

Rocket salad with halloumi cheese

Ingredients required for 4 persons

Preparation time 20 minutes

Difficulty easy

Ingredients

- 150 g rocket salad
- 100 g romaine lettuce
- 200 g halloumi cheese
- 1 EL frying oil
- 4 EL omega 3 DHA+EPA oil
- 2 EL elderflower balsamic vinegar
- salt and pepper



Preparation

Wash rocket and romaine lettuce and allow to drip. Prepare a dressing from oil, vinegar, salt and pepper. Dice halloumi and fry in a pan with cooking and frying oil until golden yellow. Place cheese and lettuce in a large bowl. Toss over with the dressing right before serving.