

HONEY, THYME AND LEMON HALOUMI WITH BUCKWHEAT

SERVES 2
PREP 15 MIN | COOK 25 MINS

Ingredients

- 1½ tbsp extra-virgin olive oil
- Juice and finely grated rind of 1 lemon, plus wedges to serve
- 125g buckwheat
- 8 sprigs thyme
- Salt and black pepper
- 150g green beans, sliced in halves lengthways
- 250g block halloumi, halved horizontally
- 1½ tbsp honey
- 6 chargrilled artichoke hearts, halved



Recipe Credit: sbs.com.au

Method

1. Combine 2 teaspoons of olive oil and the lemon juice and rind. Set aside.
2. Dry roast buckwheat in a large frying pan over medium-high heat for 5 minutes or until lightly toasted. Bring 200 ml water to the boil in small saucepan. Add the buckwheat, 4 sprigs thyme and a pinch of salt. Cook, uncovered, for 6–7 minutes or until the water is level with the surface of the buckwheat. Reduce the heat to low, cover and cook for 8–10 minutes or until the buckwheat is tender. Strain if there is any residual water. Stir through the artichokes, reserved oil and lemon juice, and season to taste.
3. Steam or boil green beans for 3 minutes or until tender. Add to the buckwheat.
4. While the green beans are cooking, heat 1 tablespoon olive oil in a frying pan over medium-high heat. Add the halloumi and cook for 2 minutes until golden. Press 2 sprigs of thyme into each piece of halloumi and carefully turn (thyme can spit on contact with the oil). Cook for 1–2 minutes until golden. Drizzle honey around the halloumi and allow to bubble up and caramelize for 45–60 seconds. Squeeze a wedge of lemon over the top and season with black pepper.
5. Divide buckwheat between plates, top with halloumi and drizzle over any remaining sauce. Serve with lemon wedges.

