



# Fried Halloumi Salad Recipe

## The Happy Squeak in the Pan

Have you ever heard cheese sing? Halloumi does. When it hits the hot pan, it lets out a happy little squeak. I still laugh at that sound. It means you are doing it right. You are making magic.

That golden crust is the best part. It is salty and a little bit chewy. Paired with fresh greens, it feels like a special treat. This matters because good food should make you smile, even on a busy day.

## A Salad with a Crunchy Secret

This is not a boring salad. We are adding two kinds of chickpeas. The soft ones from the can are gentle. The crispy fried ones are the secret. They give you a wonderful crunch in every bite.

I love the pop of color from the pomegranate seeds too. They are like little red jewels. Doesn't that look pretty on the plate? It makes eating feel more fun. What is your favorite way to make a salad exciting?

## **A Little Story About Herbs**

My neighbor, Anna, once asked me what "dill" was. I took her to my little herb garden. I let her rub a sprig between her fingers. Her eyes got wide. She said, "It smells like summer!" Now she grows her own.

That is why I use fresh mint, dill, and parsley in the dressing. They make everything taste alive and fresh. Using fresh herbs matters. It turns simple ingredients into something memorable.

## **Why We Whisk and Wait**

Making the vinaigrette is easy. You just whisk it all together. But here is a small tip. Let it sit for a few minutes. Then whisk it again before you pour it. This lets the flavors get to know each other.

The oil and vinegar can separate. A quick second whisk brings them back together. This little step makes a big difference. Your dressing will coat the salad perfectly. Do you have a favorite kitchen tip you learned from someone?

## **Fun Fact and Final Thoughts**

**\*Fun fact\*:** Halloumi is a cheese from Cyprus. It is made with goat's and sheep's milk. This is why it holds its shape so well in a hot pan. It does not melt away like other cheeses!

This whole recipe is about mixing textures and tastes. You get soft,

crunchy, salty, and tangy all at once. It is a joy to eat. I hope you try it. Tell me, what is your favorite “singing” food to cook?





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**Ingredients:**

<b>Ingredient</b>	<b>Amount</b>	<b>Notes</b>
extra virgin olive oil	1/4 cup	For vinaigrette
fresh mint	2 tablespoons	Chopped, for vinaigrette
fresh dill	2 tablespoons	Chopped, for vinaigrette
flat parsley	2 tablespoons	Chopped, for vinaigrette
red wine vinegar	2 tablespoons	For vinaigrette
lemon zest	2 teaspoons	For vinaigrette
baby spinach or arugula	4 cups	For salad
canned chickpeas	1/2 cup	Drained, rinsed, and patted dry
crispy fried chickpeas	1/2 cup	For salad
black olives	2 tablespoons	Thinly sliced
roasted red peppers	2 tablespoons	Chopped
pomegranate seeds	2 tablespoons	For salad
extra virgin olive oil	2-3 tablespoons	For cooking halloumi
halloumi	8 ounces	Cut into 1/4 inch slices

**My Crispy Halloumi Salad Adventure**

Hello, my dear! Let's make a salad that feels like a party. It has crispy cheese and lots of pretty colors. I love the pop of the pomegranate seeds. They remind me of little jewels.

See also Sangria-Melon Chiller

This recipe is my go-to for a quick, happy lunch. The star is the halloumi cheese. It sizzles in the pan and gets a lovely golden crust. Doesn't that

smell amazing? It always makes my mouth water.

Now, let's get our hands busy. I'll walk you through it. It's as easy as pie, maybe easier! I still laugh at the first time I fried halloumi. I was so surprised it didn't melt everywhere.

**Step 1:** First, we make the herby vinaigrette. Grab a small bowl and a whisk. Put in the olive oil, vinegar, and all those fresh, chopped herbs. Give it a good whisk until it looks all mixed up. (A hard-learned tip: whisk it again right before you use it. The oil and vinegar like to separate and have a little nap.)

**Step 2:** Next, let's build our salad beds. Take your plates and divide the greens between them. Then, scatter the chickpeas, olives, and peppers on top. I love adding the red peppers for a sweet little surprise. It makes the plate so cheerful, don't you think?

**Step 3:** Here comes the fun part! Heat your skillet until it's nice and hot. Add a little oil, then lay the halloumi slices down. You will hear a happy sizzle. Cook them for a minute or two on each side. You want a beautiful golden-brown color.

**Step 4:** Finally, place the warm cheese right on top of your salads. Drizzle that lovely green vinaigrette over everything. Serve it right away while the cheese is still warm and a bit soft inside. **What's your favorite crispy food to add to a salad? Share below!**

**Cook Time:** 10 mins

**Total Time:** 30 mins

**Yield:** 4 servings

**Category:** Lunch, Salad

## Three Fun Twists to Try

This salad is like a blank canvas. You can paint it with different flavors. Here are a few ideas from my kitchen to yours. They are all so simple and fun.

See also [Berrylicious Frozen Sangria Slush](#)

**Summer Peach Fiesta:** Add slices of fresh, juicy peach. Swap the mint for fresh basil. It tastes like sunshine on a plate.

**Spicy Couscous Boost:** Mix in a cup of cooked, fluffy couscous. Add a pinch of chili flakes to the vinaigrette. It gives it a wonderful little kick.

**Zesty Lemon Orzo:** Use cool, cooked orzo pasta instead of greens. Add extra lemon zest and some chopped cucumber. It's so refreshing for a warm day.

**Which one would you try first? Comment below!**

## How to Serve Your Masterpiece

This salad is a meal all by itself. But I love making a little feast. It feels so special. Here is how I like to serve it to my family.

For sides, some warm, crusty bread is perfect for dipping. A small bowl of tomato soup also pairs beautifully. For a pretty plate, use a wide, shallow bowl. It lets all the colors shine.

To drink, a glass of chilled rosé wine is lovely for the grown-ups. For a fun treat for everyone, try sparkling lemonade with a spring of mint. It's so fizzy and nice. **Which would you choose tonight?**







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### Keeping Your Salad Fresh and Tasty

This salad is best eaten right away. The halloumi is so good when warm. But you can prepare parts ahead of time.

Make the vinaigrette up to two days early. Keep it in a jar in the fridge. I once made a big batch for a picnic. It saved me so much time that morning.

You can also chop all your salad ingredients. Store them in a sealed container. But wait to add the dressing until you serve. This keeps the greens from getting soggy.

Batch cooking helps on busy days. A little prep work makes dinner easy. This matters because it brings your family together faster. **Have you ever tried storing it this way? Share below!**

### Simple Fixes for Common Salad Troubles

Sometimes the halloumi sticks to the pan. Make sure your pan is nice and hot first. I remember when I was learning. I put the cheese in a cold pan. It was a sticky mess!

If your greens look sad, give them a cold bath. Soak them in ice water for ten minutes. They will become crisp and lively again. This matters because fresh greens make the whole salad sing.

Is your vinaigrette too sharp? Add a tiny bit of honey. This will balance the vinegar's tang. Getting the flavor right builds your cooking confidence. **Which of these problems have you run into before?**

See also Sloppy Joe Casserole Prep

## Your Quick Questions, Answered

**Q: Is this recipe gluten-free?** A: Yes, it is naturally gluten-free. Just check your crispy chickpeas' label.

**Q: Can I make any of it ahead?** A: You can make the vinaigrette days before. You can also chop the veggies.

**Q: What if I don't have pomegranate seeds?** A: Dried cranberries are a lovely swap. They add a sweet little chew.

**Q: Can I make a bigger batch?** A: Of course! Just double all the ingredients. Use a bigger skillet for the cheese.

**Q: Any other fun additions?** A: Toasted walnuts are a nice crunch. A \*fun fact\*: halloumi is from Cyprus. **Which tip will you try first?**

## Until Next Time, My Friend

I hope you love this bright and happy salad. It always reminds me of summer lunches. Cooking should be fun, not fussy.

I would love to see your kitchen creations. Your photos always make me smile. **Have you tried this recipe? Tag us on Pinterest!**

Happy cooking! —Elowen Thorn.

*You need to try !*



# Fried Halloumi Salad Recipe

[Savorydiscovery.com](http://Savorydiscovery.com)



## Fried Halloumi Salad Recipe



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# Fried Halloumi Salad Recipe

Author: Elowen Thorn

Cooking Method: [Stovetop Frying](#)

Cuisine: [Mediterranean](#)



Courses: [Lunch](#) [Main](#)

Difficulty: **Beginner**

Prep time: **20 minutes**

Cook time: **10 minutes**



Rest time:

Total time: **30 minutes**

Servings: **4 servings**

Calories:**21 kcal**



Best Season: **Summer**

## **Description**

These lemon crinkle cookies bake soft and chewy with a bright citrus

flavor and a sweet sugar-coated crackle top. They mix up fast and look great on cookie trays, party tables, or lunchbox snacks.

## Ingredients

### === Vinaigrette: ===

- ☐ ¼ cup extra virgin olive oil
- ☐ 2 tablespoons fresh mint (, chopped)
- ☐ 2 tablespoons fresh dill (, chopped)
- ☐ 2 tablespoons flat parsley (, chopped)
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 teaspoons lemon zest

### === Salad: ===

- ☐ 4 cups baby spinach or arugula
- ☐ ½ cup canned chickpeas (, drained and rinsed, pat dry)
- ☐ ½ cup crispy fried chickpeas
- ☐ 2 tablespoons black olives (, thinly sliced)
- ☐ 2 tablespoons roasted red peppers (, chopped)
- ☐ 2 tablespoons pomegranate seeds
- ☐ 2-3 tablespoons extra virgin olive oil
- ☐ 8 ounces halloumi (, cut into ¼ inch slices)

## Instructions

### === Vinaigrette: ===

1. In a small bowl, whisk together the olive oil, mint, dill, parsley red

wine vinegar and lemon zest. Set side but whisk one more time before drizzling over the salad.

**=== Salad: ===**

2. Evenly divide the chosen greens, canned chickpeas, crispy chickpeas, black olives, roasted red pepper and pomegranate seeds onto 2 or 4 plates, depending on how many servings you are making. Set side or place in the fridge, if not serving immediately.
3. Heat a large skillet over medium-high heat. When hot, add the olive oil and 4-5 slices of halloumi, depending on the size of the pan. Sear for a total of 4-5 minutes, turning from side to side every minute to achieve a golden-brown crust. Remove to a paper towel lined plate and continue with the remaining pieces.
4. Divide the slices among the prepared salads, drizzle with the vinaigrette and serve while cheese is warm.

Keywords: Halloumi, Salad, Chickpeas, Vinaigrette, Lunch