

## Pan Fried Honey Halloumi

on Sourdough with Avocado and Smoked Chicken.



- 180 g Halloumi
- 3 tbsp Honey
- 1 Lemon- zested and juiced
- 1 tsp Chilli Flakes
- 1 tsp fresh Thyme Leaves
- pinch of flakey Sea Salt
- 1 tbsp Olive Oil Extra Virgin
- Avocado- sliced
- Smoked Chicken (optional)

Slice the halloumi into 3cm thick strips.

Place all remaining ingredients, excluding the olive oil, into a bowl and mix well until you have a runny consistency. If your marinade needs to thicken up add a little more honey or if it's too runny add a little extra lemon juice.

Place the halloumi into a small baking tray or deep dish pan and spoon the marinade all over. Cover and leave to marinate for a minimum of two hours or ideally overnight.

In a fry pan on a medium heat, bring your olive oil to heat. Add several pieces of the halloumi to the pan and fry for 2 - 3 minutes on each side or until golden brown. Make sure you don't overcrowd the pan and work in batches. Repeat this step until you have cooked all of the halloumi.

Drizzle the cooked halloumi with the remaining marinade.

If you are adding Smoked Chicken Breast slice it now.

Load up your Sourdough toast with slices of Avocado & Halloumi & Chicken, or if you prefer, serve on a bed of dressed rocket leaves.

Season with salt and pepper & enjoy!