

# 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.