

TASTY HALLOUMI FRIES

Tonight, we just fancied something light and snacky (it is a word!)

I cut up some crudités - cucumber, carrot and pepper to dip into some healthy hummus. I decided to add some halloumi fries, as these are so easy to prepare and so tasty.

I am sure they are pretty healthy too - as long as you're sharing!

For the halloumi fries:

One block of halloumi sliced and cut into fries - makes around 10 - 12

Dusting of flour or polenta

2 - 4 tablespoons of olive oil for frying

Optional; squeeze of lemon & sprinkle of fresh parsley & grind of black pepper.

Method:

Slice the halloumi lengthways, cut each slice into fries and pat dry as there is a bit of liquid in the cheese

Dust with a little flour or polenta to lightly coat.

On a medium to high heat add the oil to a frying pan to reach approx. 180°C. *(Use a cooking thermometer or a piece of bread which should brown in 20 secs to test).*

Working in batches, place the fries in the pan and allow to go golden on one side before turning, do this on each side - it's good to let this happen gently as the cheese will get soft on the inside the longer they are in the pan - I quite like to let them go dark as the crispy outside really is the best bit.

When done to your liking take them out of the oil and put them on kitchen roll to remove any excess oil - you need to serve these straight away while they are hot. The cheese is naturally salty (don't add any more salt).

Add a squeeze lemon or lime juice over to give them a zingy finish, a sprinkle of parsley and a grind of black pepper and dive in ... hurry they don't last long!!!