



WHATSheATE



Spring onion & halloumi bruschetta with carrot & saffron salsa

READY IN



55 min.

SERVINGS



4

CALORIES



712 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 225 g halloumi cheese
- ☐ 4 carrots thinly sliced into rounds
- ☐ 50 ml olive oil extra virgin extra-virgin
- ☐ 1 pinch saffron threads
- ☐ 0.5 juice of lemon
- ☐ 100 g almond flour whole
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 2 tbsp vegetable oil

- ☐ 4 slices sourdough bread
- ☐ 1 garlic clove halved
- ☐ 12 spring onion trimmed
- ☐ 1 endive red separated

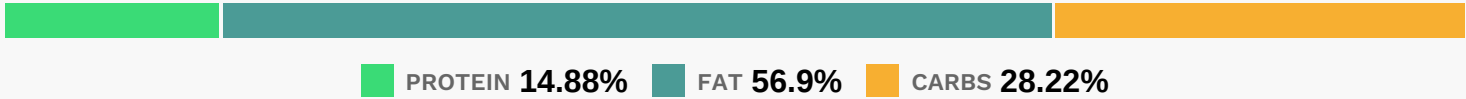
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ If you want to reduce the saltiness of the halloumi, soak it for two hours beforehand in cold water.
- ☐ Cut the halloumi evenly into 8 slices across the width of the cheese.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the carrots together with the olive oil, saffron, lemon juice and some seasoning. Tip onto a baking tray and roast for 20 mins or until tender and golden. Leave to cool, then tip into a food processor with the almonds and coarsely blitz. Scrape the salsa out into a bowl and add the chopped coriander.
- ☐ Mix well and add more seasoning or lemon juice if needed.
- ☐ Heat the vegetable oil in a large pan. Thoroughly pat dry the halloumi slices. When the pan is hot, carefully place in the pan and cook over a medium heat until golden brown, then turn over and cook until the other side is golden.
- ☐ While the cheese is cooking, toast the sourdough, then rub one side with garlic.
- ☐ Place a piece of toast on each of 4 plates and top with 2 slices of halloumi.
- ☐ Add the spring onions to the pan and cook for a couple of mins on each side until wilting and a little golden. Put 3 spring onions on each halloumi-topped sourdough slice, then generously spoon over the carrot & saffron salsa.
- ☐ Serve with chicory leaves.

Nutrition Facts



Properties

Glycemic Index:84.08, Glycemic Load:28.3, Inflammation Score:-10, Nutrition Score:31.494782240494%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 12.03mg, Kaempferol: 12.03mg, Kaempferol: 12.03mg, Kaempferol: 12.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 711.61kcal (35.58%), Fat: 46.44g (71.44%), Saturated Fat: 13.48g (84.22%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 41.48g (15.08%), Sugar: 8.24g (9.16%), Cholesterol: 0mg (0%), Sodium: 1134.21mg (49.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.32g (54.65%), Vitamin K: 368.48µg (350.94%), Vitamin A: 13122.77IU (262.46%), Calcium: 755.88mg (75.59%), Folate: 275.12µg (68.78%), Manganese: 0.98mg (48.89%), Fiber: 10.33g (41.32%), Vitamin B1: 0.61mg (40.55%), Iron: 5.21mg (28.97%), Selenium: 18.93µg (27.05%), Vitamin B2: 0.43mg (25.09%), Vitamin C: 19.91mg (24.14%), Vitamin E: 3.49mg (23.24%), Vitamin B3: 4.35mg (21.77%), Potassium: 740.31mg (21.15%), Vitamin B5: 1.44mg (14.41%), Copper: 0.27mg (13.67%), Phosphorus: 135.81mg (13.58%), Magnesium: 52.84mg (13.21%), Zinc: 1.86mg (12.41%), Vitamin B6: 0.21mg (10.56%)