

SWEET POTATO, PEAR AND HALOUMI SALAD



Ingredients

200g sweet potato, chopped
1 medium pear, thinly sliced
Cooking oil spray, for greasing
50g haloumi, thinly sliced
½ cup (85g) cooked brown rice
30g baby spinach leaves
1 tsp white wine vinegar

Method

1. Preheat oven to 200°C or 180°C fan-forced. Line an oven tray with baking paper. Put potato and pear on prepared tray. Lightly spray with oil and bake for 30 minutes or until potato and pear are tender.
2. Meanwhile, lightly spray a medium non-stick frying pan with oil and heat over a high heat. Add haloumi and cook for 1-2 minutes on each side or until lightly golden.
3. Put haloumi in a serving bowl. Add potato and pear, rice, baby spinach and vinegar, tossing gently to combine. Serve immediately.

- **Author:** Better Homes and Gardens Magazine - February 2013