

## Halloumi & beans meal



*Prep and cooking time: 15-20 min*  
*Serves: 1 (double up ingredients if cooking for two)*  
*Calories: 500 per person*  
*Total cost: £3.00 p/p*

### **Ingredients for one person only:**

- halloumi cheese 60g - 200 cal
- trimmed green beans 170g – 50 cal
- 1/2 x butter beans can- 55 cal
- 2 teaspoon (ts) olive oil- 100 cal
- 1 tablespoon (tbs) balsamic vinegar or lemon juice
- 1x fresh chilly (optional)
- 2x cloves of garlic
- small bunch of parsley chopped (optional)
- salt and pepper to season – or any other seasoning is fine (cumin, turmeric, etc.)

### **Method:**

Steam green beans (my preferred choice of cooking veg- most of the vitamins & minerals will be preserved), otherwise boil in water. Add a teaspoon of olive oil in the pan and cook halloumi (or grill or bake in the oven with no added oil), 2 min both sides. Drain and wash butter beans and warm them up in a microwave for 1 minute.

Sauce: Finely chopped garlic, add fresh chilly, 1 tbs of olive oil and balsamic vinegar or lemon juice. Salt and pepper to taste. Arrange cooked ingredients on the plate and pour over the sauce. Enjoy.

**HEALTHY TIP:** This is a super easy recipe to make and one of my favourites! This recipe has lot of proteins per serving - 27g (halloumi 12g, ½ butter bean can 10g, green beans 5g). Proteins make you fuller for longer and help to build your muscles. We need ~ 1g of protein per kg of body weight over the age of 40.