
30 Minute Meals – Tomatoes, Halloumi and Polenta

Equipment Required

Sharp Knife
Chopping board
Large frying pan
Medium pan

Large bowl
Scales
Tablespoon
Teaspoon

Serves 4

Ingredients

185g (1 cup) dry quick-cooking polenta
2 tbsp salted butter
4 tbsp fresh grated parmesan cheese
2 tbsp pesto (shop bought or homemade)
3 tbsp vegetable or olive oil
200g (7oz) halloumi cheese
300g (10oz) cherry tomatoes
3 cloves garlic, smashed
1 shallot, thinly sliced
Small handful of mixed fresh herbs, such as oregano, thyme, parsley, dill, basil (choose your favourites or what you have to hand)
2 tbsp balsamic vinegar
salt and black pepper

Recipe – Pesto Polenta

185g (1 cup) dry quick-cooking polenta
2 tbsp salted butter
4 tbsp fresh grated parmesan cheese
2 tbsp pesto (shop bought or homemade)

1. In a medium saucepan, bring 4 cups (1 litre) water to a boil. Slowly whisk in the polenta, stirring until the polenta is soft and thick, about 3-5 minutes. Stir in the butter, parmesan, the pesto, and season with salt and pepper. Turn the heat off, cover the pan, and let the polenta sit for 5 minutes.

Recipe – Cherry Tomatoes and Halloumi

200g (7oz) halloumi cheese
300g (10oz) cherry tomatoes
3 cloves garlic
1 shallot
Small handful of mixed fresh herbs, such as oregano, thyme, parsley, dill, basil (choose your favourites or what you have to hand)
3 tbsp vegetable or olive oil
2 tbsp balsamic vinegar
salt and black pepper

1. Chop the halloumi into cherry tomato sized cubes, finely slice the shallot and squash the garlic clove. Grab a handful of your favourite herbs and roughly chop.
2. Heat 1 tbsp oil in a large frying pan over medium heat. When the oil shimmers, add the halloumi and cook until golden, about 3 minutes per side. Remove from the pan.
3. To the same pan, add the 2 further tbsp oil. When the oil shimmers, add the tomatoes, garlic, shallot, half the herbs, and a pinch each of salt and pepper. Cook until the tomatoes begin to pop, about 4-5 minutes. Remove from the heat and add the balsamic vinegar and rest of the herbs.
4. Serve the halloumi and tomatoes with pesto polenta. And drizzle with a little extra olive oil.