

Pita stuffed with grilled halloumi

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
3,263 kJ / 780 kcal

Fat: **49 g** Protein: **34 g**
Carbohydrates: **55 g**

INGREDIENTS

2 portion(s)

2	pitás
200 g	halloumi
0.5 tbsp	thyme
0.5 tbsp	oregano
1 tbsp	olive oil
1	avocado
0.5	green pepper
0.5	long cucumber
20 g	fresh spinach
Sauce:	
2 tbsp	Greek yoghurt
2 tbsp	<u>Kikkoman Naturally</u>
	<u>Brewed Less Salt Soy</u>
	<u>Sauce</u>
2 tbsp	lemon juice
1 tbsp	olive oil

PREPARATION

Step 1

2 tbsp Greek yoghurt - **2 tbsp** Kikkoman Naturally
Brewed Less Salt Soy Sauce - **2 tbsp** lemon juice -
1 tbsp olive oil - **2** pitas
Mix the ingredients for the sauce and spread it on
the pita bread.

Step 2

200 g halloumi - **0.5 tbsp** thyme - **0.5 tbsp**
oregano - **1 tbsp** olive oil
Cut the halloumi into 2 halves, rub with olive oil
and herbs, and fry on both sides in a griddle pan.

Step 3

1 avocado - **0.5** green pepper - **0.5** long
cucumber - **20 g** fresh spinach
Fill the pitas with the spinach, sliced vegetables
and grilled halloumi.