KIKKOMAN

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	pitas
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	Kikkoman Naturally Brewed Less Salt Soy Sauce
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.