

Grilled Halloumi & Tomato Salad: Your Perfect Summer Dish

Grilled Halloumi and Tomato Salad: Your Go-To for Summer Bliss



TIME
10-15 min

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INGREDIENTS

7 oz halloumi cheese, sliced into 1/2-inch thick pieces
1 tablespoon olive oil
1 1/2 cups cherry tomatoes, halved
... small red onion, thinly sliced
... cup fresh basil leaves, roughly chopped or torn
1 tablespoon balsamic glaze
Salt and black pepper, to taste
Optional: arugula or mixed greens for serving

DIRECTIONS

1. Prepare and Grill the Halloumi: Preheat a grill pan over medium-high heat, or fire up your outdoor grill. While it heats, lightly brush both sides of the halloumi slices with 1 tablespoon of olive oil. Once the grill is hot, place the halloumi slices on the grates. Grill for 2-3 minutes per side, or until they are beautifully golden brown and show distinct grill marks. The halloumi will soften but hold its shape. Remove the grilled halloumi from the heat and let it cool slightly - it will firm up a bit as it cools.
2. Prepare the Tomato Mixture: In a medium mixing bowl, combine the halved cherry tomatoes, thinly sliced red onion, and fresh basil leaves (either whole or roughly chopped). Season the mixture with a generous pinch of salt and black pepper to taste. Toss gently to combine.
3. Assemble the Salad: Arrange the slightly cooled grilled halloumi slices on a serving platter. If you're using optional greens, place a bed of arugula or mixed greens on the platter first, then arrange the halloumi on top. Spoon the fresh tomato, red onion, and basil mixture generously over the grilled halloumi.
4. Finish and Serve: Drizzle the entire salad with balsamic glaze. You can add a little more fresh black pepper if desired. Serve immediately, allowing everyone to enjoy the warmth of the halloumi with the freshness of the salad.

SWAPS & NOTES

Halloumi Alternatives: While halloumi is unique, if you can't find it, a firm paneer (often used in Indian cuisine) could be pan-fried similarly, though its flavor and texture will be different.

Tomato Variety: Any small, ripe tomatoes will work.

Consider grape tomatoes or even small heirloom tomatoes chopped into bite-sized pieces for varied color and flavor.

Onion Mildness: For a milder onion flavor, soak the sliced red onion in ice water for 10-15 minutes before adding to the salad.

TIPS FOR SUCCESS

Don't Overcook Halloumi: Halloumi cooks quickly.

Grill just until golden and grill-marked; overcooking can make it rubbery.

Oil the Halloumi, Not the Pan: Brushing the halloumi directly with olive oil helps prevent sticking and promotes even browning.

Fresh Ingredients Are Key: With so few ingredients, the quality of your tomatoes, basil, and halloumi really shines through.

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