

Mediterranean-Inspired Halloumi and Farro Salad (Nutty, Chewy, Fresh)

Halloumi and Farro Salad with Dried Cherries and Citrus Vinaigrette

TIME
30 min

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INGREDIENTS

1 cup (200 g) farro, uncooked
7 oz (200 g) halloumi, sliced into thick strips
1/2 cup (80 g) dried cherries
1/3 cup (45 g) almonds, toasted and chopped
3 cups (90 g) arugula or mixed greens
Citrus vinaigrette:
3 tbsp olive oil
2 tbsp orange juice
1 tbsp lemon juice
1 tsp honey
1/2 tsp Dijon mustard
Salt, to taste
Black pepper, to taste

DIRECTIONS

1. **Cook farro:** Cook according to package directions, about 25-30 minutes, until tender. Drain and cool slightly.
2. **Sear halloumi:** Heat a nonstick skillet over medium heat. Sear halloumi 2-3 minutes per side until golden and crisp. Cut into bite-sized pieces.
3. **Make vinaigrette:** Whisk olive oil, orange juice, lemon juice, honey, Dijon, salt, and pepper until emulsified.
4. **Assemble salad:** In a large bowl, combine farro, arugula, dried cherries, and toasted almonds.
5. **Dress:** Drizzle with citrus vinaigrette and toss well.
6. **Top + serve:** Add warm halloumi and serve immediately.

SWAPS & NOTES

Farro substitute: Wheat berries, barley, or even quinoa work if you can't find farro.

Greens: Arugula is perfect here, but baby spinach or spring mix are great too.

Fruit swap: Dried cranberries, chopped dates, or dried apricots (diced) are all delicious.

Nut swap: Pistachios, walnuts, or pecans work well-toast them for best flavor.

TIPS FOR SUCCESS

Salt the farro water lightly to season the grains from the start.

Cool farro slightly before adding arugula so the greens don't wilt too much.

Toast the almonds for deeper flavor and better crunch.

Start with most of the vinaigrette, toss, then add more if needed.

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Original recipe: <https://chefmaniac.com/mediterranean-inspired-halloumi-and-farro-salad-nutty-chewy-fresh/>