



# Pan-fried Haloumi with Caramelised Strawberries

EASY • 20 MINS

Salty meets sweet in this stunning side dish. The freshness of mint and strawberries, combined with a generous drizzle of Capilano Honey cut through the bitey saltiness of everyone's favourite cheese. Serve it alongside your choice of protein and a fresh salad or grilled veggies for a dinner-party-ready spread guests will love.



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**COOKING TIME**  
10 mins

**SERVINGS**  
4 as a side

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

- 250g strawberries
- 250g haloumi cheese (sliced into 1-2cm strips)
- 1 tbsp balsamic vinegar
- Sea Salt
- Freshly ground black pepper
- Fresh mint
- Toasted pine nuts (to serve)
- 1 tbsp **Capilano Pure Honey** (plus more to serve)

## Method

1. Combine strawberries, balsamic vinegar, honey, salt and pepper in a small frying pan. Bring to medium-high heat and cook the fruit until it has a jam-like consistency (around 5 minutes). Be careful not to squash the strawberries! Remove and set aside.
2. Pre-heat a second pan until it is very hot and place down slices of haloumi cheese. Leave to fry for 2-3 minutes before flipping, then remove once both sides are golden brown.
3. Stack the haloumi and top to serve with the caramelised strawberry mixture, fresh mint, toasted pine nuts and another drizzle of Capilano Honey.

Used in this recipe



### Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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