



Quinoa, Kale, Haloumi Bowl with Raspberry Vinaigrette

EASY · 35 MINS

How's this vibrant and nutrient rich nourish bowl with raspberry + Manuka vinaigrette
by @moniquecormacknutrition!?

Such an easy and delicious way to incorporate our Active Manuka Honey into your everyday for a nourishing
boost. Plus it tastes sensational – win win!



SKILL LEVEL
Easy

PREP TIME
15 mins

COOKING TIME
10 mins

SERVINGS
2

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

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Ingredients

- ½ cup quinoa (measured raw)
- 5-6 large kale leaves
- 1 Lebanese cucumber, diced
- 100g canned chickpeas, drained and rinsed
- 100g halloumi cheese, sliced
- ½ lemon
- 2 tsp extra virgin olive oil
- Pinch salt
- ½ cup raspberries (you can use thawed frozen berries)
- 1 tbsp [Capilano Active Manuka Honey](#)
- 3 tbsp white wine vinegar
- 5 tbsp extra virgin olive oil
- Small pinch of salt

Method

1. Cook quinoa according to packet instructions, drain and set aside to cool. Place kale leaves (stem removed) in a bowl with lemon juice, olive oil and salt. Massage together until kale is softened.
2. To prepare the dressing, mash raspberries roughly with a fork, then combine with all other dressing ingredients. Whisk vigorously in a bowl or shake together in small jar.
3. Pan fry halloumi slices until golden, then assemble bowls of quinoa, kale, diced cucumber and chickpeas.
4. Top with halloumi and spoon over dressing to serve.
5. Tip: Leftover dressing can be stored in an airtight jar in the fridge for up to 4 weeks.

Used in this recipe



FLORAL MANUKA HONEY

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

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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