

## PAN FRIED HONEY HALLOUMI

### Ingredients

- 180g [Halloumi](#)
- 3 tbsp [Welsh Honey](#)
- 1 Lemon- zested and juiced
- 1 tsp Chilli Flakes
- 1 tsp fresh Thyme Leaves
- pinch of [Halen Môn Sea Salt](#)
- 1 tbsp [Fino Extra Virgin Olive Oil](#)
- Avocado - sliced
- Black pepper
- Salad leaves or [Sourdough bread](#)
- [Smoked Chicken](#) (optional)



Slice the [halloumi](#) into 3cm thick strips.

Place all remaining ingredients, excluding the olive oil, into a bowl and mix well until you have a runny consistency. If your marinade needs to thicken up add a little more [honey](#) or if it's too runny add a little extra lemon juice.

Place the [halloumi](#) into a small baking tray or deep dish pan and spoon the marinade all over. Cover and leave to marinate for a minimum of two hours or ideally overnight.

In a frying pan on a medium heat, bring your [olive oil](#) to heat. Add several pieces of the [halloumi](#) to the pan and fry for 2 - 3 minutes on each side or until golden brown. Make sure you don't overcrowd the pan and work in batches. Repeat this step until you have cooked all of the [halloumi](#).

Drizzle the cooked [halloumi](#) with the remaining marinade.

If you are adding [Smoked Chicken Breast](#) slice it now.

Load up your [Sourdough](#) toast with slices of Avocado & [Halloumi](#) & [Smoked Chicken](#), or if you prefer, serve on a bed of dressed rocket leaves.

Season with [salt](#) and pepper & enjoy!