

## Hot Honey Chicken & Halloumi Salad



Serves	Prep Time	Cooking	Total Time	Calories
<b>0 people</b>	<b>20 minutes</b>	<b>25 minutes</b>	<b>45 minutes</b>	<b>540 kcal</b>

### Stuff that's in it:

- 400G Chicken Breast, Raw (Whole)
- 200G Halloumi Cheese (Cut Into 1-2 Cm Cubes, 50G Each Person)
- 2 Pouches Wholegrain Microwave Rice (500G Cooked)
- 160G Chickpeas, Drained (I Used Queen Chick Peas)

### What you do:

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1. Marinate your chicken: mix everything for the sticky spiced marinade into a paste and coat the chicken all over. Roast on a tray at 200°C fan for 20–25 mins, flipping halfway, until golden, sticky and cooked through. Rest for a few minutes, then slice or shred.
2. Fry your halloumi cubes in a non-stick pan with a tiny drizzle of oil for 2–3 mins each side until golden.
3. ☐ ☐ ☐ ☐ ☐ If serving immediately, Tip your rice into a big bowl – warm or cold, up to you. Add chickpeas, sweetcorn, and all the veg. Shake the dressing in a jar, drizzle it over and toss everything together.
4. Top with the sticky chicken, pile on the golden halloumi, and finish with an extra drizzle of hot honey.

If meal prepping, you can leave the rice out and add it fresh before serving.

If you do include the rice, cool it quickly after cooking and eat within 24 hours if reheating.

Meal Prep Tweak ☐ ☐ ☐ To keep the halloumi fresh and bouncy, prep everything except the cheese ahead of time.

- Portion the rice, chickpeas, veg and chicken into containers.
- Store your hot honey dressing separately.
- When ready to eat, fry 50g halloumi fresh for 2–3 mins until golden, then toss onto your salad and drizzle with dressing.

This way you get all the convenience of batch-prep but still enjoy that crisp, just-cooked halloumi.

☐ Gluten-free (check your vinegar and dressings)

- Can be vegetarian – swap chicken for extra halloumi, tofu, or beans
- Batch-prep friendly – 2–3 days in the fridge (cook halloumi fresh)
- Freezer-friendly (without the halloumi, rocket, and dressing)

### **Nutrition**

- Carbs: 44g
- Fat: 13g
- Protein: 36g
- Fibre: 7g
- Saturated Fat: 6g

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