Low-Carb Curry Marinated Halloumi

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per serving, 4 sticks): Total carbs: 3.6 g, Fiber: 1.1 g, **Net carbs: 2.6 g**, Protein: 25.3 g, Fat: 55 g, Calories: 605 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 2 servings)

250 g halloumi (8.8 oz)

2 tsp curry spice mix

2 tbsp extra virgin olive oil (30 ml)

1 tbsp ghee *or* butter, or more olive oil (15 ml)

Optional: fresh herbs such as cilantro to serve

Instructions

1. Slice the halloumi into about eight 1 1/4 cm (1/2 inch) slices. Mix the olive oil and spice mix together to form a paste. Brush both sides of each halloumi slice with the paste.
2. Place in the fridge to marinate at least 15 minutes, but preferably a few hours.
3. Add the butter/ghee/oil to a large frypan and heat over medium heat.
4. Add the halloumi and cook 3-4 minutes on each side until browned.
5. Remove and serve immediately. If eaten as a main dish, serve alongside steamed or roasted vegetables. Halloumi should always be eaten warm. You can store these in the fridge for up to 3 days and reheat before serving.

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