

# Low-Carb Roast Pumpkin & Halloumi Salad

Hands-on 20 minutes Overall 20 minutes

**Nutritional values (per serving):** Total carbs: 15.8 g, Fiber: 6.5 g, **Net carbs: 9.4 g**,

Protein: 18.9 g, Fat: 51.1 g, Calories: 570 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 2 servings)

- 1 1/4 cups diced pumpkin (no need to peel if using Hokkaido, Delicata or Kabocha) (145 g/ 5.1 oz)
- 1 tbsp extra virgin olive oil (15 ml)
- 1 tsp paprika
- pinch of sea salt
- 1 tbsp butter or ghee (15 g/ 0.5 oz)
- 110 g halloumi, cubed (3.9 oz)
- 200 g watercress (7.1 oz)
- 1/2 avocado, sliced (100 g/ 3.5 oz)
- 3 tbsp flaked almonds (18 g/ 0.6 oz)

## Dressing

- 1 tbsp tahini (16 g/ 0.6 oz)
- 1 tbsp extra virgin olive oil (15 ml)
- 1 tbsp lemon juice (15 ml)
- 1/8 tsp sea salt
- 1/8 tsp apple cider vinegar

## Instructions

1. Preheat the oven to 200 °C/ 390 °F (fan assisted.)
2. Place the chopped pumpkin on a baking tray. Toss with 1 tbsp olive oil, paprika and pinch of salt. Roast in the oven for 15 – 20 minutes until soft and golden.
3. Whilst the pumpkin is cooking, heat the butter or ghee in a non-stick pan, add the halloumi and fry for 4 – 6 minutes stirring occasionally until golden and crisp. Remove from the heat.
4. Mix all the dressing ingredients together in a bowl. Option to thin with a touch of warm water if you prefer.
5. Place the almonds on a baking tray and toast for 6 minutes until golden. Remove from the oven and allow to cool.

6. Place the watercress in a bowl, top with pumpkin, halloumi, avocado, almonds... ..and drizzle with dressing. Best served fresh, but can be stored in the fridge for 1 day.

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