



# BARBECUED HALOUMI & ASPARAGUS WITH SESAME DRESSING

<https://www.mainland.co.nz/recipe/Haloumi-Asparagus-BBQ.html>

**PREP TIME**  
**6-8 MINS**

**COOKING TIME**  
**10 MINS**

**SERVES**  
**4**



The combination of haloumi and asparagus works well on the barbecue, but when asparagus is not in season, try long stem broccoli, which grills beautifully.

## Ingredients

- 200g Mainland Haloumi Cheese
- 300g asparagus, trimmed
- 30g sesame seeds, toasted
- 3 tablespoons rice wine vinegar
- 2 teaspoons raw sugar
- juice of 1 lemon
- 2 tablespoons Japanese soy sauce
- 1 teaspoon toasted sesame oil
- 1 tablespoon olive oil

## Method

1. Put the sesame, vinegar, sugar, lemon, soy sauce and sesame oil in a blender/ grinder/ nutri-bullet and blend to a sauce. Set aside.
2. Heat a non-stick grill to hot.
3. Cut the haloumi into 8 slices.
4. Brush the haloumi and asparagus with the olive oil and grill for about 3-4 minutes each side until grilled and asparagus is tender.
5. Serve with the sesame dressing.