

Garsons

Growing since 1871



Summer Beans, Broccoli, Cabbage, Carrots and Courgettes stir fried in **Olive Oil** with **Juniper Berries**, served with slices of tasty **Halloumi Cheese**.



Summer Vegetable Stir Fry & Halloumi

GarsonsRecipes



Ingredients - Serves 4

A generous handful of mange tout,
French beans and peas.
2 courgettes
3 carrots
1/2 Savoy cabbage
1/2 head of broccoli

125g Halloumi cheese
2 tbsp plain flour
20 dried Juniper berries
Olive oil infused with basil
Breadcrumbs

Cooking Instructions

VEGETABLE STIR FRY WITH OLIVE OIL, JUNIPER BERRIES AND HALLOUMI CHEESE.

PREPARE

1. Wash and finely slice the vegetables.
2. Slice the Halloumi cheese, coat each side in a dusting of plain flour, leave to one side.
3. Saute the breadcrumbs in olive oil.
4. Remove golden breadcrumbs and drain on kitchen paper.

COOK

5. Heat 2 tbsp olive oil in a wok, add the carrots and stir fry for 2 minutes.
6. Add the French beans, peas, mange tout, broccoli and courgettes. Stir fry for approximately 4 minutes.
7. Lightly crush the juniper berries in a pestle and mortar to release the flavour, add these to the wok.
8. Finally add the savoy cabbage and stir fry until all the vegetables are tender but still retain some crunchiness.
8. In a separate frying pan heat 1 tbsp olive oil, fry the slices of Halloumi cheese until golden, cooking for approximately one minute per side.

SERVE

9. Serve the stir fry with hot Halloumi cheese and a scattering of breadcrumbs.



PICK YOUR OWN SEASON

Garsons **Pick Your Own Farm** grows over 40 crops of vegetables, fruit and flowers. The farm is open for picking from early May to October.

Garsons **Farm Shop** stocks an extensive range of olive oils.

All items are subject to availability

© Garsons 2007, Winterdown Road, West End, Esher, Surrey, KT10 8LS