

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Fried Haloumi and Avocado

### Ingredients

*180 packet of Haloumi cheese*

*1 avocado*

*Olive oil*

*Salt and pepper*

### Method

*This is perfect for a light lunch or an after school snack xoxo*

1. Cut Haloumi cheese into slices. Fry in a little olive oil until golden brown.
2. Serve with sliced avocado.
3. Drizzle with olive oil and season with cracked pepper and salt.

**Preparation Time:** 2 minutes

**Cooking Time:** 3 minutes

**Author:** Fran Ramsay

**Serves:** 2



For more recipes and information on living the low carbohydrate lifestyle find us at:

[www.goodtoeat.com.au](http://www.goodtoeat.com.au)