



Low FODMAP Roasted Zucchini with Haloumi & Tomatoes

Serves: 4

Prep: 5 minutes

Cook: 40 minutes



Stack Cup

Ingredients	Metric	Imperial
2 medium zucchinis, topped and tailed, cut in half lengthwise	400 g	14 oz
Olive oil spray		
Cracked pepper, to season		
Haloumi cheese, grated	150 g	5.3 oz
Cherry tomatoes, quartered (~12 medium)	100 g	3.5 oz
Paprika, to serve		
Fresh basil leaves, to serve		
Lemon juice, to serve		

Method

1. Preheat oven to 240°C/460°F, line a baking tray with cooking parchment and lightly spray with olive oil.
2. Lay the zucchini sections (cut side up) in a single layer. Lightly spray with olive oil and season with pepper. Roast for 25-35 minutes or until they are deeply golden. Carefully top each half with grated cheese, stud tomatoes on the top at even lengths, sprinkle with paprika (if using) and cook for a further 2-3 minutes.
3. Place fresh basil on top and a squeeze of lemon juice. Serve immediately as a side dish with some grilled, lean protein (e.g. chicken or fish).

Hints

- Other seasonal low FODMAP veggies can also be cooked using this method. These include squash, Japanese (Kabocha) pumpkin, potatoes and carrots.
- Haloumi is a very salty cheese, so no salt is included in this recipe. You can also use other low FODMAP cheeses such as Swiss, Pecorino, cheddar, Colby or Havarti.

Nutrition Information (per serve)	
Energy	663 Kj / 158 cal
Protein	9.2g
Carbohydrates	3.3g
Sugar	3g
Total Fat	11.4g
Saturated Fat	4.9g
Fibre	2g