

رَمَضَانُ مَبَارَكٌ

صِبْغَةَ اللَّهِ وَمَنْ أَحْسَنُ مِنَ اللَّهِ صِبْغَةً وَنَحْنُ لَهُ عَابِدُونَ
(Al-Baqara 2:138)

Nefis Foods

Halloumi

Traditional Cyprus Cheese

Halloumi Ramadan Recipe Book





Halloumi Nutritional Benefits

Nutritionally, halloumi is an excellent source of calcium, providing 70% of the adult recommended daily allowance in one portion. Halloumi also contains zinc, selenium, magnesium, vitamin A and many of the B vitamins. Halloumi is high in calcium, a micronutrient that is important when it comes to bone health. It is a great source of protein; which itself is essential for many aspects of health, including hormone production, immune function, and tissue repair.

Halloumi Fun Facts

1. A-great-substitute-for-milk
2. The only cheese that grills and doesn't melt
3. 100% organic and additive-free
4. Made fresh every day

Nefis Foods

Halloumí

Traditional Cyprus Cheese

Sehri Dishes

سحری کی دعا

وَبِصُومٍ غَدٍ نُّؤَيِّتُ مِنْ شَهْرٍ رَمَضَانَ

Simple Grill Halloumi

Ingredients

- 200 g Nefis Foods Halloumi
- 4 tbsp oil
- 1 sandwich maker
- 1 tbsp butter

Steps

- Cut halloumi into 8 equal parts
- Add oil to the heated pan
- Cook until golden brown on both sides
- You can also grill halloumi on sandwich maker for perfect grill marks
- Tip: Brush butter over sandwich maker before grilling halloumi

A cheesy sehri



Halloumi Menemen

Ingredients

- 100g Nefis Foods Halloumi
- 1 egg
- 3 tbsp oil
- 4 medium size chopped tomatoes
- 1 tsp black pepper
- 1 tbsp red chilli
- 1 green chilli
- 1 tbsp cumin
- Parsley
- Salt for taste

Steps

- Chop the onion into small cubes and add it to the hot oil pan. Cook until its color changes; approximately 2 minutes
- Cut halloumi into 2 cm cubes. Mix and cook halloumi cubes for 2 minutes until golden brown.
- Add chopped tomatoes and spices to the pan.
- Add 1 egg and mix gently for 2 minutes.
- Tip: You can add parsley and green chilli before serving

*Turkish Sehri
in Karachi*



Halloumi and Honey

Ingredients

- 200 g Nefis Foods Halloumi
- 2 tbsp oil
- 2 tbsp honey
- 2 tbsp lemon juice

Steps

- Cut the halloumi in half
- Fry both sides in a hot oil pan
- Take the hot halloumi on a serving plate and add honey and lemon on it.
- Pinch kalonji on fried halloumi for taste and immunity

Boost your
immunity



Halloumi Sandwich

Ingredients

- 100 g Nefis Foods Halloumi
- 4 pieces of beef salami
- 50 g cabbage
- 4 tbsp garlic mayonnaise
- 1 sandwich bread

Steps

- Divide the halloumi into 4 equal parts and grill them in a sandwich maker.
- In a separate bowl, mix mayonnaise and add finely chopped cabbage.
- Cut the sandwich breads in half and spread the cabbage mayonnaise mixture inside.
- Add fried halloumi and beef salami to the sandwich.

***Yummy Halloumi Sandwich**
is ready*



Honey Ricotta Toast

Ingredients

- 100 grams Nefis Foods ricotta cheese
- 1 toast
- 2 tbsp honey

Steps

- Fry toast with butter on a fry pan.
- Spread a thick layer of Nefis foods ricotta cheese on the toast.
- Drizzle honey for sweet taste.



Nefis Foods

Halloumī

Traditional Cyprus Cheese

Iftar Dishes

افطاری کی دعا

اَللّٰهُمَّ اِنِّیْ لَکَ صُومْتُ وَبِکَ اُمْتُ وَعَلَّیْتَ تَوَكَّلْتُ
وَعَلَّی رِزْقُکَ اَنْظَرْتُ

Halloumi Mango Salad

Ingredients

- 200 g Nefis Foods Halloumi
- 1 large cucumber
- 1 medium lettuce
- ½ kg mango
- 4 tbsp lemon juice
- 1 tsp black pepper
- 4-5 walnuts
- Salt

Steps

- Cut all the vegetables and halloumi into medium-sized cubes
- Chop the walnuts finely
- Mix all the ingredients in a large bowl
- Cut halloumi in 2 cm cubes and fry them until golden brown
- Just before serving, add lemon, halloumi cubes, salt and pepper
- Healthy and delicious salad is ready!

King of Fruits
vs King of Cheese



Halloumi Fries

Ingredients

- 200 g Nefis Foods Halloumi Fries
- Nefis Foods fries marination
- 1/2 cup olive oil
- Nefis Foods BBQ sauce

Steps

- Marinate the halloumi fries stick with our special masala.
- Deep freeze the fries for 10 minutes before frying so the fries get properly marinated.
- Deep fry halloumi fries until golden brown.
- To serve the fries, arrange them on a platter and serve with Nefis Foods signature BBQ sauce.



Wow Iftari



Cheesy Halloumi Pakoras

Ingredients

- 200 g Nefis Foods Halloumi
- 1/2 cup (125ml) besan flour
- 1/4 cup (60ml) rice flour
- 1 tsp (5ml) coriander powder
- 1 tsp (5ml) cumin powder
- 1/2 tsp (2.5ml) hot chilli powder
- 1/4 tsp black pepper
- 1/2 tsp (2.5ml) turmeric powder
- 1/2 tsp (2.5ml) brown sugar
- 1/2 tsp (2.5ml) salt
- 180 ml cold water (add more or less to form thick batter)

Steps

- Mix all the above ingredients
- Cut 200 g of halloumi into 10 equal pieces
- Dip halloumi slices into the batter and fry for 30-45 seconds on each side
- Heat oil in a pan. Oil should be medium hot
*The oil should just cover the halloumi slices about 1 cm depth

Next level Pakora



Halloumi Nuggets

with Nefis Foods BBQ Sauce

Ingredients

- 100g Nefis Food Halloumi cheese,
- 1 ½ cups all purpose flour
- 2 large eggs
- 2 ½ cups breadcrumbs
- 1 tbsp Red chilli and black pepper.
- 1 cup oil for frying
- 1/2 cup Nefis Foods BBQ sauce for serving

Steps

- Cut the halloumi into large cubes
- Mix the flour, black pepper and red pepper in a bowl
- In a separate bowl, whisk the eggs well
- Mix Nefis Foods Halloumi once with flour, then in the egg and then in the bread crumbs
- Put in deep freezer for 15 minutes
- Deep fry for 2-3 minutes in plenty of oil until nuggets turn crispier.
- Serve nuggets with Nefis Foods BBQ sauce.

Halloumi nuggets
for your iftar



Halloumi and watermelon starter

Ingredients

- 100g Nefis Foods Halloumi
- 1 Watermelon
- 50g pistachio

Steps

- Cut halloumi into slices and fry them until golden brown.
- Place watermelon pieces over halloumi.
- Chop pistachio into fine pieces and sprinkle them over watermelon.



A perfect starter
for your iftar

