

# UCOOK

## Mediterranean Tomatoes & Halloumi

with roasted pumpkin

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	308kJ	2943.2kJ
Energy	74kcal	703.8kcal
Protein	3.4g	32.7g
Carbs	8g	72.2g
of which sugars	2.8g	26.9g
Fibre	2.6g	25.1g
Fat	3.3g	31.1g
of which saturated	2g	19.1g
Sodium	185.7mg	1777.1mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	1	Onion <i>peel &amp; roughly dice 1½ [2]</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
100g	200g	Cooked Chopped Tomato
1	1	Bell Pepper <i>rinse, deseed &amp; cut ½ [1] into bite-sized pieces</i>
60g	120g	Cannellini Beans <i>drain &amp; rinse</i>
10ml	20ml	NOMU Italian Rub
80g	160g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
40g	80g	Pitted Kalamata Olives <i>drain &amp; halve</i>
40g	80g	Artichoke Quarters <i>drain &amp; halve</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

**1. GOLDEN PUMPKIN** Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. RICH TOMATO STEW** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes. Add the cooked chopped tomatoes, and 100ml [200ml] of water. Simmer until reduced, 10-12 minutes. In the final 2-3 minutes, add the peppers, the beans, and the NOMU rub. Remove from the heat, add a sweetener, and season. Mix through the pumpkin.

**3. HALLO HALLOUMI** Place a pan over medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

**4. MEDITERRANEAN SALAD** To a bowl, add the olives, the artichokes, the salad leaves, a drizzle of olive oil, and seasoning.

**5. SERVE & SAVOUR** Plate up the tomato pumpkin and top with the halloumi. Side with the salad.