

UCCOOK

Halloumi & Whipped Tahini Salad

with yoghurt & pumpkin seeds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	345kJ	2028kJ
Energy	83kcal	485kcal
Protein	3.3g	19.7g
Carbs	13g	76g
of which sugars	5.2g	30.7g
Fibre	3.1g	17.9g
Fat	1.9g	11.3g
of which saturated	0.4g	2.6g
Sodium	51mg	297mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
120g	240g	Chickpeas <i>drain & rinse</i>
10ml	20ml	Spice Mix <i>5ml [10ml] Ground Paprika & 5ml [10ml] Dried Thyme</i>
1	1	Garlic Clove <i>peel & grate</i>
5g	10g	Pumpkin Seeds
100g	200g	Halloumi Cheese <i>cut into 2cm slabs</i>
15ml	30ml	Maple-flavoured Syrup
10ml	20ml	Lemon Juice
50ml	100ml	Tahini Yoghurt <i>40ml [10ml] Greek Yoghurt & 10ml [20ml] Tahini</i>
20g	40g	Green Leaves <i>rinse & shred</i>
10ml	20ml	Sriracha Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROASTED CARROT Preheat the oven to 200°C. Spread the carrots 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. SPICED CHICKPEAS In a bowl, coat the chickpeas with oil, spice mix, garlic, and seasoning. When the roast has 10-15 minutes to go, scatter the chickpeas over and roast for the remaining time until crispy.

3. SEEDS & SWEET CHEESE Place a pan over medium heat, and toast the pumpkin seeds. Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. Pat the halloumi dry with a paper towel, season, and pan-fry until golden and crispy. 2-3 minutes per side. In the final minute, turn off the heat and baste with the maple syrup.

4. ZESTY YOGHURT Combine the lemon juice (to taste) with the tahini yoghurt, and season the mix.

5. DINNER IS SERVED Plate up the carrots and chickpeas, top with the green leaves, and the halloumi. Dollop over the tahini yoghurt. Finish with pumpkin seeds and sriracha sauce.