



UCOOK

Cheeky Chargrilled Halloumi

with black quinoa, baby marrow, sun-dried tomatoes & hemp hearts

Full of spinach, grilled baby marrow, sun-dried tomatoes, mint, and pesto, this energising salad will have you glowing with content! With the indulgence of halloumi, the warmth of spiced beans, and the nutty bliss of hemp hearts.

Hands-On Time: 40 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Lauren Todd

 Vegetarian

 No paired wines

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Ingredients & Prep

400ml	Black Quinoa
20ml	Vegetable Stock
20ml	Hemp Hearts
120ml	Pesto Princess Basil Pesto
2	Lemons <i>zested & cut into wedges</i>
480g	Cannellini Beans <i>drained & rinsed</i>
20ml	NOMU African Rub
600g	Baby Marrow <i>rinsed, trimmed & sliced into thin strips</i>
320g	Halloumi <i>sliced into 1cm thick slabs</i>
100g	Sun-dried Tomatoes <i>roughly chopped, reserving the oil</i>
10g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
80g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. SULTRY BLACK QUINOA Rinse the quinoa and place in a pot with the stock. Submerge in 1,2L of water and stir through. Place over a medium-high heat and bring to a simmer uncovered. Cook for 20-25 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during cooking. Remove from the heat on completion, drain if necessary, and return to the pot.

2. GET YOUR GARNISHES READY Place a large, nonstick pan over a medium heat. When hot, toast the hemp hearts for 1-2 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. In a bowl, combine the pesto with 1 tbsp of olive oil. Loosen with lemon juice to taste and set aside for serving.

3. CRISPY GOLDEN NUGGETS Return the pan to a medium-high heat with a drizzle of oil. When hot, toast the drained cannellini beans for 12-15 minutes until crispy and golden. For the best results, only shift them occasionally. At the halfway mark, stir through a knob of butter and ½ of the African Rub. On completion, cover to keep warm and set aside in the pan.

4. WHILE THE BEANS ARE FRYING... Place a second pan over a high heat — you can use a grill pan if you have one. Coat the baby marrow strips in the remaining African Rub and a little oil. When the pan is hot, grill the strips for 3-5 minutes per side until charred. Remove from the pan on completion and set aside for serving. Return the pan to a medium heat with another drizzle of oil. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy. Remove from the pan on completion and set aside to drain on some paper towel.

5. LOAD UP THE QUINOA When the quinoa is cooked, toss together with the crispy beans, the chopped sun-dried tomatoes and reserved oil, and ¾ of the chopped mint. Add a generous squeeze of lemon juice and some zest to taste. Toss to combine and season to taste. Cut the halloumi into bite-sized chunks.

6. A VEGGIE PROTEIN BOOST! Make a bed of rinsed green leaves and cover with the loaded quinoa. Lay over the chargrilled baby marrow and top with the golden chunks of halloumi. Finish with the toasted hemp hearts, the remaining mint, and the pesto dressing. Get stuck in, Chef!

Nutritional Information

Per 100g

Energy	735kJ
Energy	176Kcal
Protein	7.9g
Carbs	16g
of which sugars	2.7g
Fibre	4g
Fat	9.4g
of which saturated	4g
Sodium	461mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days