Eat Within 3 Days

UCOOK

Veggie Pineapple & Halloumi Salad

with almonds & a sweet dressing

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	555kJ	2802kJ
Energy	133kcal	670kcal
Protein	6.7g	33.9g
Carbs	10g	49g
of which sugars	3.8g	19.1g
Fibre	3.5g	17.5g
Fat	6.4g	32.5g
of which saturated	3.7g	18.6g
Sodium	144mg	728mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Chickpeas *drain & rinse*
15ml	20ml	NOMU One For All Rub
15g	20g	Almonds *roughly chop*
300g	400g	Fresh Pineapple Fingers *cut into bite-sized pieces*
240g	320g	Halloumi Cheese *pat dry & cut into thick slabs*
75ml	100ml	Salad Dressing *(60ml [80ml] Orange Juice & 15ml [20ml] Dijon Mustard)*
120g	160g	Salad Leaves *rinse*
240g	320g	Baby Tomatoes *rinse & cut in half*
150g	200g	Cucumber *rinse & roughly dice*

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. In the final minute, add the NOMU rub. Season and set aside. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. NUTS ABOUT NUTS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PINING FOR PINEAPPLE Return the pan to high heat. When hot, fry the pineapple pieces until charred, 2-3 minutes per side. Remove from the pan and set aside.

4. HELLO HALLOUMI Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi slabs until crispy and golden, 2-3 minutes per side. Remove from the pan and drain on paper towel.

5. MIX THINGS UP In a salad bowl, combine the salad dressing with 30ml [40ml] of sweetener (to taste), and a drizzle of olive oil. Add the leaves, the baby tomatoes, the cucumber, ½ the toasted almonds, the crispy chickpeas, and seasoning.

6. SO READY FOR THIS SALAD! Plate up the hearty salad. Top with the charred halloumi and pineapple. Sprinkle over the remaining almonds. Yum!