



UCOOK

Laborie's Vegetarian Ginger Rice

with halloumi & almonds

Make halloumi reach its full potential by pairing this ingredient with a ginger-infused rice, loaded with pops of peas & earthy spinach. By drizzling these golden, crispy slabs with a wholegrain mustard & sour cream sauce, a sprinkling of nutty almonds & fresh parsley, you won't be able to settle for anything less, Chef!

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Laborie Winery

Quick & Easy

Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
75g	Diced Onion
15ml	Ginger & Rub <i>(10ml Ground Ginger & 5ml NOMU Italian Rub)</i>
40g	Spinach <i>rinse</i>
50g	Peas
80g	Halloumi Cheese <i>cut into 1cm thick slabs</i>
60ml	Creamy Mustard <i>(50ml Sour Cream & 10ml Wholegrain Mustard)</i>
10ml	Lemon Juice
20g	Almonds
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. GINGER, RUB & VEG Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onions until soft, 2-3 minutes. Add the ginger & rub mix and fry until fragrant, 1-2 minutes. Add the rinsed spinach and the peas, and fry until the spinach is slightly wilted, 2-3 minutes. Remove from the pan and season.

3. JUST BEFORE SERVING Return the pan to 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. In a bowl, combine the creamy mustard and the lemon juice (to taste). Loosen with water in 5ml increments until drizzling consistency and season. Combine the cooked rice with the loaded spinach and season.

4. TIME TO EAT Make a bed of the loaded rice, top with the halloumi slices. Drizzle over the creamy mustard sauce and sprinkle over the almonds. Garnish with the chopped parsley. Well done, Chef!



Chef's Tip

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.

Nutritional Information

Per 100g

Energy	950kj
Energy	227kcal
Protein	8.2g
Carbs	23g
of which sugars	2.3g
Fibre	3.7g
Fat	11.1g
of which saturated	5.5g
Sodium	233mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days