

Eat Within 4 Days

QCOOK

Mediterranean Orzo & Halloumi

with tzatziki & pitted Kalamata olives

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Villiera Wines

Wine Pairing: Villiera Wines | Villiera Tradition Brut Rose

Nutritional Info	Per 100g	Per Portion
Energy	561kJ	3914kJ
Energy	134kcal	936kcal
Protein	6.8g	47.7g
Carbs	12g	82g
of which sugars	2.3g	16g
Fibre	2.3g	15.8g
Fat	6.4g	44.7g
of which saturated	4.1g	28.3g
Sodium	190mg	1325mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Orzo Pasta
	400g	Halloumi Cheeese *cut into thick slabs*
90ml	125ml	Lemon Juice
150ml	200ml	Tzatziki
2	2	Tomatoes *rinse & roughly dice 1½ [2]*
75g	100g	Pitted Kalamata Olives *drain*
8g	10g	Fresh Dill *rinse, pick & roughly chop*
2	2	Bell Peppers *rinse, deseed & cut 1½ [2] into strips*
2	2	Spring Onions *rinse, trim & finely slice*
90g	120g	Danish-style Feta *drain*

From Your Kitchen

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

1. START THE ORZO Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. PREP STEP

3. SLABS OF GOLD 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, drain on paper towel, and cut into bite-sized chunks.

4. SPIRIT OF THE MED In a salad bowl, combine the lemon juice, a drizzle of olive oil, sweetener to taste, and seasoning. Add the cooked orzo, the tzatziki, tomato, olives, ½ the dill, the pepper, and the sliced spring onion. Crumble in the feta and mix until combined.

5. GREEK FEAST Plate up the loaded Greek orzo. Scatter over the halloumi chunks and sprinkle with the remaining dill. Time to dine, Chef!