



U C O O K

— COOKING MADE EASY

DREAMY HALLOUMI SALAD

with artichokes, olives & a honey-lemon dressing

A Mediterranean fantasy! Crispy halloumi, indulgent artichoke hearts, charred baby marrow, Italian salad leaves, and cannellini beans. Warming AND fresh — who could refuse this stunner?

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Jess Bunn

 **Vegetarian**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

5g	Fresh Parsley rinsed & roughly chopped
240g	Cannellini Beans drained & rinsed
20ml	Honey
1	Lemon zested & cut into wedges
120g	Artichoke Hearts drained & halved
20g	Pumpkin Seeds
15ml	NOMU Italian Rub
40g	Green Leaves rinsed
240g	Baby Marrow rinsed & cut into bite-size chunks
40g	Pitted Kalamata Olives drained & roughly chopped
160g	Halloumi cut into 1cm thick slices

From Your Kitchen

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

1. BEFORE YOU GET GOING Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. DRESSING & MARINADE Place the chopped parsley in a bowl with the honey and a drizzle of oil. Whisk together with some lemon juice to taste. We recommend lots of lemon juice for this dressing! Toss the halved artichokes through the dressing and season to taste. Set aside for serving.

3. PUMPKIN SEEDS Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. CHARRED BABY MARROW Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the baby marrow chunks for 5-6 minutes until beginning to char. Remove from the pan on completion and place in a large salad bowl.

5. WARM VEG Return the pan to a medium heat with another drizzle of oil. When hot, add in the drained cannellini beans, chopped olives, and Italian rub. Fry for 2-3 minutes until heated through, shifting occasionally. On completion, add to the salad bowl with the baby marrow. Add some lemon zest to taste, toss to combine, and cover to keep warm.

6. SHOW ME THE HALLOUMI! Wipe down the pan and return to a medium heat with another drizzle of oil. When hot, fry the halloumi slices for 2-3 minutes per side until crispy and golden. Remove from the pan on completion and drain on some paper towel.

7. TASTEBUD PARTY TIME! Make a bed of rinsed green leaves, load with the warm veggie salad, and top with the golden halloumi. Scatter over the dressed artichokes and drizzle with any remaining dressing. Finish with a crack of black pepper and a sprinkle of toasted pumpkin seeds. Voilà!



Chef's Tip

Pumpkin seeds contain omega-3 and omega-6 fatty acids, antioxidants, fiber, and protein. Their versatility makes them a great addition to your diet – from breakfasts to dinners!

Nutritional Information

Per 100g

Energy (kj)	532kj
Energy (kcal)	127kcal
Protein	6g
Carbs	10g
of which sugars	4g
Fibre	4g
Fat	6g
of which saturated	4g
Salt	1g

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days