

# UCOOK

## Vegetarian Orange & Halloumi Salad

with roasted leeks & walnuts

Fresh orange segments and golden-crusted halloumi slabs... need we say more, Chef? Get a dose of vitamin C in the most mouthwatering way when you load up a forkful of oven-roasted beetroot & leeks, spicy radish, toasted walnuts, zesty orange segments, and last but not least, salty and oh-so-satisfying halloumi cheese.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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Carb Conscious

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 Domaine Des Dieux | Chardonnay 2019

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## Ingredients & Prep

200g	Beetroot Chunks <i>cut into bite-sized pieces</i>
100g	Leeks <i>trim at the base &amp; cut in half lengthways</i>
10g	Walnuts <i>roughly chop</i>
80g	Halloumi <i>slice lengthways into 1cm thick slabs</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
100g	Cucumber <i>rinse &amp; peel into ribbons</i>
1	Lemon <i>rinse &amp; cut into wedges</i>
1	Orange <i>rinse, peel &amp; cut into segments</i>
20g	Radish <i>rinse &amp; slice into thin rounds</i>

## From Your Kitchen

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

**1. UN-BEETABLE VEG** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Rinse the halved leeks thoroughly and roughly slice. When the beetroot has 20-25 minutes to go, add the sliced leeks to the tray and roast for the remaining time until softened and charred.

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

**3. CRISPY HALLOUMI** Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi slabs until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

**4. FOR SOME FRESHNESS** In a salad bowl, toss together the shredded salad leaves, the cucumber ribbons, the roasted beetroot & leeks, a drizzle of olive oil, a generous squeeze of lemon juice, and seasoning.

**5. GRAB A PLATE** Plate up the roasted beetroot & leek salad. Top with the orange segments and the grilled halloumi. Scatter over the radish slices and the toasted walnuts. Serve any remaining lemon wedges on the side.



## Chef's Tip

*Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).*

## Nutritional Information

Per 100g

Energy	604kJ
Energy	73kcal
Protein	3.2g
Carbs	8g
of which sugars	3.6g
Fibre	2.5g
Fat	3.3g
of which saturated	1.9g
Sodium	78mg

## Allergens

Allium, Tree Nuts, Cow's Milk

Eat  
Within  
3 Days