



UCOOK

Panko-crusted Halloumi Wrap

with charred pineapple, harissa yoghurt & cucumber

It's no secret that everyone loves halloumi! In this dish, this beautiful salty cheese is perfectly partnered with sweet charred pineapple and a spicy harissa yoghurt dressing, whilst a vibrant fresh salsa brings up the edges to round it off! Let this delectable wrap take you down to Flavourtown!


Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

| | |
|-------|---|
| 1 | Red Onion <i>½ peeled & finely sliced</i> |
| 50g | Cucumber <i>finely sliced into half-moons</i> |
| 4g | Fresh Mint <i>rinsed, picked & finely chopped</i> |
| 1 | Lemon <i>½ zested & cut into wedges</i> |
| 65ml | Low Fat Plain Yoghurt |
| 20ml | Pesto Princess Harissa Paste |
| 2 | Pineapple Rings <i>halved</i> |
| 7,5ml | NOMU African Rub |
| 30ml | Cake Flour |
| 50ml | Panko Breadcrumbs |
| 80g | Halloumi <i>sliced lengthways into 1cm thick slabs</i> |
| 2 | Wheat Flour Tortillas |
| 40g | Green Leaves <i>rinsed & shredded</i> |

From Your Kitchen

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

1. MINTY ZESTY SALSA In a bowl, combine ½ of the sliced red onions, sliced cucumbers, the chopped mint, lemon zest, ¾ of the sliced chilli (to taste), with a drizzle of oil and seasoning.

2. HARISSA & CHAR Combine the plain yoghurt and harissa paste. Season and set aside. In a bowl, toss the halved pineapple rings and the remaining sliced onions with the African rub, a drizzle of oil and seasoning until well coated. Place a pan on a medium heat with a drizzle of oil. When hot, char the pineapples and onions for 2-3 minutes until softened and golden. Remove and cover to keep warm.

3. OOH CRUMBS! Prepare a shallow bowl with the flour, seasoned lightly. Prepare two more dishes: one with 1 egg whisked with 1 tbsp of water and another with the panko breadcrumbs. Dip the halloumi slices into the dry flour mixture, followed by the egg, and finally into the breadcrumbs. Wipe down the pan and return to a medium-high heat with enough oil to coat the base of the pan. Cook the halloumi for 2 minutes each side, until golden brown. Remove and drain on paper towel.

4. TOASTED TORTILLAS Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped. Remove from the pan on completion.

5. LET THE FEAST COMMENCE! Smear the tortillas with some of the harissa-yoghurt and lay over the shredded lettuce and the cucumber salsa. Top with the charred pineapple and onions, and the crumbed halloumi. Drizzle with the remaining dressing, scatter over the remaining chilli and serve with lemon wedge on the side. Easy feasting!



Chef's Tip

Soaking the halloumi in cold water prior to using helps draw out some of the salt!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 729kJ |
| Energy | 174Kcal |
| Protein | 6.8g |
| Carbs | 20g |
| of which sugars | 3.7g |
| Fibre | 2.7g |
| Fat | 7.1g |
| of which saturated | 4g |
| Sodium | 359mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days