

# UCOOK

## Mediterranean Tomatoes & Halloumi

with roasted pumpkin

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 308kJ    | 2943.2kJ    |
| Energy             | 74kcal   | 703.8kcal   |
| Protein            | 3.4g     | 32.7g       |
| Carbs              | 8g       | 72.2g       |
| of which sugars    | 2.8g     | 26.9g       |
| Fibre              | 2.6g     | 25.1g       |
| Fat                | 3.3g     | 31.1g       |
| of which saturated | 2g       | 19.1g       |
| Sodium             | 185.7mg  | 1777.1mg    |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|      |      |  |
|------|------|--|
| 600g | 800g | Pumpkin Chunks<br><i>cut into bite-sized pieces</i>                          |
| 2    | 2    | Onions<br><i>peel &amp; roughly dice 1½ [2]</i>                              |
| 2    | 2    | Garlic Cloves<br><i>peel &amp; grate</i>                                     |
| 300g | 400g | Cooked Chopped Tomato  |
| 2    | 2    | Bell Peppers<br><i>rinse, deseed &amp; cut 1½ [2] into bite-sized pieces</i> |
| 180g | 240g | Cannellini Beans<br><i>drain &amp; rinse</i>                                 |
| 30ml | 40ml | NOMU Italian Rub   |
| 240g | 320g | Halloumi Cheese<br><i>slice lengthways into 1cm thick slabs</i>              |
| 120g | 160g | Pitted Kalamata Olives<br><i>drain &amp; halve</i>                           |
| 120g | 160g | Artichoke Quarters<br><i>drain &amp; halve</i>                               |
| 60g  | 80g  | Salad Leaves<br><i>rinse &amp; roughly shred</i>                             |

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

**1. GOLDEN PUMPKIN** Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. RICH TOMATO STEW** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes. Add the cooked chopped tomatoes, and 300ml [400ml] of water. Simmer until reduced, 10-12 minutes. In the final 2-3 minutes, add the peppers, the beans, and the NOMU rub. Remove from the heat, add a sweetener, and season. Mix through the pumpkin.

**3. HALLO HALLOUMI** 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 and drain on paper towel.

**4. MEDITERRANEAN SALAD** To a bowl, add the olives, the artichokes, the salad leaves, a drizzle of olive oil, and seasoning.

**5. SERVE & SAVOUR** Plate up the tomato pumpkin and top with the halloumi. Side with the salad.