



UCCOOK

Orange & Halloumi Salad

with roasted leeks & walnuts

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	354kJ	2690kJ
Energy	85kcal	643kcal
Protein	3.7g	28.4g
Carbs	8g	58g
of which sugars	3.9g	29.6g
Fibre	2.4g	18.3g
Fat	4.2g	31.9g
of which saturated	2.5g	18.7g
Sodium	99mg	754mg

Allergens: Cow's Milk, Allium, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
100g	200g	Leeks <i>trim at the base & cut in half lengthways</i>
10g	20g	Walnuts <i>roughly chop</i>
80g	160g	Halloumi <i>slice lengthways into 1cm thick slabs</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & peel into ribbons</i>
10ml	20ml	Lemon Juice
1	2	Orange/s <i>rinse, peel & cut into segments</i>
20g	40g	Radish <i>rinse & slice into thin rounds</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. UN-BEETABLE VEG Preheat the oven to 200°C. Spread the beetroot 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 leeks to the tray and roast for the remaining time until softened and charred. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. NUTS ABOUT WALNUTS Place the 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. Fry the halloumi 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 salad leaves, the cucumber, the beetroot and leeks, a drizzle of olive oil, lemon juice (to taste), and seasoning.

5. GRAB A PLATE Plate up the roasted beetroot and leek salad. Top with the orange segments and the grilled halloumi. Scatter over the radish and the walnuts. Dig in Chef!