



UCCOOK

Green Goddess Halloumi Salad

with tart green apple & homemade creamy guacamole

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Neil Ellis Wines | Neil Ellis Stellenbosch Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	403kJ	2845kJ
Energy	96kcal	681kcal
Protein	2.2g	15.7g
Carbs	10g	68g
of which sugars	3.7g	25.9g
Fibre	3.9g	27.3g
Fat	5.9g	41.5g
of which saturated	0.8g	5.9g
Sodium	8mg	57mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Chickpeas <i>drain & rinse</i>
30g	40g	Walnuts <i>roughly chop</i>
2	2	Avocados
75ml	100ml	Low Fat Plain Yoghurt
15ml	20ml	Red Wine Vinegar
125ml	160ml	Panko Breadcrumbs
15ml	20ml	NOMU The Roast Chicken
300g	400g	Halloumi Cheese <i>pat dry & slice into 1cm thick slices</i>
150g	200g	Peas
2	2	Apples <i>rinse</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s
Milk (optional)
Paper Towel
Blender (optional)

1. POPPIN' CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. WAL STREET 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. GET DRESSED! Cut the avocado in half and roughly dice 1½ [all]. In a bowl, combine the avocado, the yoghurt, and mash with a fork until smooth. Gradually loosen with milk or water in 30ml increments until drizzling consistency. Pour in the vinegar (to taste), seasoning, and mix until combined. Alternatively, add to a blender and pulse until smooth. Remove from the blender and loosen with water in 30ml increments if it's too thick.

4. HALLO HALLOUMI In a shallow dish, combine the breadcrumbs and the NOMU rub (seasoned lightly). Prepare another shallow dish with 1 egg whisked with 1 tbsp of water. Dip each halloumi slice into the egg, and then lightly coat in the breadcrumbs. Return the pan to a medium-high heat with enough oil to coat the base. When hot, fry the crumbed halloumi for 1 minute each side, until golden brown. Remove from the pan and drain on paper towel. You may need to do this step in batches.

5. LET'S ASSEMBLE! Boil the kettle. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a salad bowl. Cut half the rinsed apple into cubes, place in the salad bowl with the peas, and set aside the remainder for another meal. Add the salad leaves, ½ the chickpeas and ½ the green goddess dressing. Toss until fully coated.

6. FEAST LIKE A GODDESS Bowl up a portion of crunchy salad. Top with the crispy halloumi and drizzle over the remaining green goddess dressing. Garnish with the remaining chickpeas, parsley and walnuts. Gorgeous!