



# UCOOK

## Halloumi & Baby Marrow Wrap

with yoghurt, hummus & green leaves

A lightly toasted tortilla is smeared with creamy hummus and filled with salty grilled halloumi, Moroccan-spice baby marrow & onion slices, and fresh tomato and cucumber. Add dollops of tangy yoghurt and you've got yourself a new favourite for the weeknight dinner!

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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 Veggie

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 Harry Hartman | Stellenbosch Sauvignon Blanc

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## Ingredients & Prep

2	Red Onions <i>1½ peeled &amp; roughly sliced</i>
450g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
15ml	NOMU Moroccan Rub
240g	Baby Tomatoes <i>halved</i>
150g	Cucumber <i>cut into half-moons</i>
240g	Halloumi <i>sliced lengthways into 1cm thick slabs</i>
3	Flour Tortillas
75ml	Hummus
60g	Green Leaves <i>rinsed &amp; roughly shredded</i>
90ml	Low Fat Plain Yoghurt

## From Your Kitchen

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

**1. KEEP IT MARROW** Place a pan over medium heat with a drizzle of oil. When hot, add the sliced onion and the baby marrow chunks. Fry for 6-7 minutes until browned and cooked through, shifting occasionally. In the final minute, add the rub. Remove from the pan, season, and cover to keep warm.

**2. PREP STEP** In a bowl, combine the halved baby tomatoes, the cucumber half-moons, seasoning, and a drizzle of oil.

**3. HALLOU, IS IT MI YOU'RE LOOKING FOR?** Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy and golden. Drain on paper towel and cut into bite-sized pieces.

**4. TOTALLY TOASTY** Return the pan, wiped down, to a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped.

**5. CHOW DOWN TIME!** Time to assemble! Smear the hummus over half the tortillas. Top with some of the shredded salad leaves, some of the onion & baby marrow, some of the tomato & cucumber, and some of the halloumi chunks. Dollop over the yoghurt. Wrap it up and serve any remaining fillings on the side. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	457kJ
Energy	109kcal
Protein	5.5g
Carbs	8g
of which sugars	2.1g
Fibre	2.3g
Fat	5.8g
of which saturated	3.6g
Sodium	227mg

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook  
within 2  
Days