



UCOOK

Chilli Halloumi & Bell Pepper Wraps

with jalapeño relish & roasted garlic mayo

If you're ever in a wrap battle, this is the recipe to make, Chef! Pan-toasted tortilla wraps are layered with fresh greens, caramelised onion and peppers, salty and crispy halloumi slices, a kick from the jalapeño & coriander mayo, and aromatic spice notes throughout from the NOMU Garam Masala Rub.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Samantha du Toit

 Veggie

 Creation Wines | Creation Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Onions <i>peel & roughly slice 1½</i>
3	Bell Peppers <i>rinse, deseed & sliced into strips</i>
30ml	NOMU Garam Masala Rub
2 units	Roasted Garlic Mayo
30ml	Jalapeño Relish
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>
6	Wheat Flour Tortillas
240g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
60g	Salad Leaves <i>rinse & shred</i>

From Your Kitchen

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

1. CARAMELISATION STATION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion & peppers until caramelised, 10-12 minutes (shifting occasionally). In the final 5 minutes, baste with the NOMU rub. Remove from the pan, season, and cover.

2. SPICY MAYO In a bowl, combine the mayo with the jalapeño relish, ½ the chopped coriander, and seasoning. Set aside.

3. TIME TO TOAST Place a clean pan over medium heat. When hot, toast each wrap until warmed through, 30-60 seconds per side. Stack and cover.

4. GOLDEN HALLOUMI Return the pan used for the wraps to medium heat with a drizzle of oil. When hot, fry the halloumi slices until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

5. IT'S A WRAP! Load the toasted wraps with the shredded leaves, the caramelised onion & peppers, the golden halloumi slices, and dollops of the jalapeño mayo. Sprinkle over the remaining chopped coriander and wrap it up. Go for it, Chef!

Nutritional Information

Per 100g

Energy	760kJ
Energy	182kcal
Protein	5.4g
Carbs	13g
of which sugars	2.5g
Fibre	2.9g
Fat	11.9g
of which saturated	4.7g
Sodium	277mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Cook
within 3
Days