



# UCOOK

## Panko-crusted Halloumi Wrap

**with charred pineapple, harissa yoghurt & cucumber**

It's no secret that everyone loves halloumi! In this dish, this beautiful salty cheese is perfectly partnered with sweet charred pineapple and a spicy harissa yoghurt dressing, whilst a vibrant fresh salsa brings up the edges to round it off! Let this delectable wrap take you down to Flavourtown!

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Ella Nasser

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 Vegetarian

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 Niel Joubert | Sauvignon Blanc

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## Ingredients & Prep

1	Red Onion <i>peeled &amp; finely sliced</i>
100g	Cucumber <i>finely sliced into half-moons</i>
8g	Fresh Mint <i>rinsed, picked &amp; finely chopped</i>
1	Lemon <i>zested &amp; cut into wedges</i>
125ml	Low Fat Plain Yoghurt
40ml	Pesto Princess Harissa Paste
3	Pineapple Rings <i>halved</i>
15ml	NOMU African Rub
65ml	Cake Flour
100ml	Panko Breadcrumbs
160g	Halloumi <i>sliced lengthways into 1cm thick slabs</i>
4	Wheat Flour Tortillas
80g	Green Leaves <i>rinsed &amp; shredded</i>

## From Your Kitchen

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

**1. MINTY ZESTY SALSA** In a bowl, combine ½ of the sliced red onions, sliced cucumbers, the chopped mint, lemon zest, ¾ of the sliced chilli (to taste), with a drizzle of oil and seasoning.

**2. HARISSA & CHAR** Combine the plain yoghurt and harissa paste. Season and set aside. In a bowl, toss the halved pineapple rings and the remaining sliced onions with the African rub, a drizzle of oil and seasoning until well coated. Place a pan on a medium heat with a drizzle of oil. When hot, char the pineapples and onions for 3-4 minutes until softened and golden. Remove and cover to keep warm.

**3. OOH CRUMBS!** Prepare a shallow bowl with the flour, seasoned lightly. Prepare two more dishes: one with 2 eggs whisked with 2 tbsps of water and another with the panko breadcrumbs. Dip the halloumi slices into the dry flour mixture, followed by the egg, and finally into the breadcrumbs. Wipe down the pan and return to a medium-high heat with enough oil to coat the base of the pan. Cook the halloumi for 2 minutes each side, until golden brown. Remove and drain on paper towel.

**4. TOASTED TORTILLAS** Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped. Remove from the pan on completion.

**5. LET THE FEAST COMMENCE!** Smear the tortillas with some of the harissa-yoghurt and lay over the shredded lettuce and the cucumber salsa. Top with the charred pineapple and onions, and the crumbed halloumi. Drizzle with the remaining dressing, scatter over the remaining chilli and serve with lemon wedge on the side. Easy feasting!



## Chef's Tip

Soaking the halloumi in cold water prior to using helps draw out some of the salt!

## Nutritional Information

Per 100g

Energy	729kJ
Energy	174Kcal
Protein	6.8g
Carbs	20g
of which sugars	3.7g
Fibre	2.7g
Fat	7.1g
of which saturated	4g
Sodium	359mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days