



UCOOK

Crumbed Halloumi & Pineapple Stack

with roasted butternut & cucumber ribbons

Crumbed halloumi patties are fried until golden brown, crispy and divine! They are served with roasted butternut, charred pineapple rings, sweet chilli sauce, toasted flaked almonds and fresh salad leaves.


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Boschendal | Boschen Blanc

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Ingredients & Prep

250g	Butternut <i>peeled (optional), deseeded & cut into half-moons</i>
10g	Flaked Almonds
10ml	White Wine Vinegar
50g	Cucumber <i>peeled into ribbons</i>
20g	Radish <i>rinsed & cut into rounds</i>
30ml	Cake Flour
65ml	Panko Breadcrumbs
2	Halloumi Patties <i>pat dry</i>
80g	Pineapple Rings <i>drained</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
30ml	Sweet Chilli Sauce

From Your Kitchen

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

1. GOLDEN BUTTERNUT Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and golden, flipping halfway.

2. TOAST Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. PICKLE MOMENT In a bowl, combine the vinegar, 1 tbsp of water, and a sweetener of choice (to taste). Mix until the sweetener is fully dissolved. Add the cucumber ribbons, the radish rounds, and seasoning. Set aside to pickle.

4. GOLD HALO(UMI)S Prepare a shallow dish with the flour (seasoned lightly). Prepare two more dishes: one containing 1 egg whisked with 1 tbsp of water, and the other containing the breadcrumbs. Dip the halloumi patties into the flour, then the egg and finally, the breadcrumbs. Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the crumbed halloumi patties and fry for 2-3 minutes per side until golden. Remove and drain on paper towel.

5. CHARRED PINEAPPLE Return the pan to a medium heat with a drizzle of oil. When hot, add the drained pineapple rings and fry for 1-2 minutes per side until charred.

6. ALMOST THERE Drain and reserve the pickling liquid from the cucumber and radish. Add the rinsed salad leaves to the bowl with the drained cucumber and radish. Add the reserved pickling liquid (to taste), a drizzle of oil, and seasoning. Toss until fully coated.

7. HALLOUMI HEAVEN Stack the golden halloumi, the charred pineapple rings, and roasted butternut. Dollop on the sweet chilli sauce. Side with the dressed salad and scatter over the toasted almonds.



Chef's Tip

To prevent the crumb mixture from sticking to your hands, make sure to use one hand to coat in the egg and the other hand to coat in the dry ingredients.

Nutritional Information

Per 100g

Energy	743kJ
Energy	177Kcal
Protein	9.2g
Carbs	11g
of which sugars	2.7g
Fibre	3.2g
Fat	10.3g
of which saturated	7g
Sodium	227mg

Allergens

Dairy, Allium, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts

Cook
within 3
Days