

UCOOK

Sesame-Glazed Halloumi & Coconut Rice

with cucumber, pickled ginger & kewpie mayo

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	1022kJ	4829kJ
Energy	244kcal	1155kcal
Protein	6g	28.2g
Carbs	20.7g	98g
of which sugars	7.7g	36.2g
Fibre	1.7g	8.1g
Fat	14.4g	68.3g
of which saturated	7.4g	34.9g
Sodium	248mg	1174mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

225ml	300ml	Jasmine Rice <i>rinse</i>
300ml	400ml	Coconut Cream
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	Rice Wine Vinegar
90ml	125ml	Maple-flavoured Syrup
30ml	40ml	Dried Chilli Flakes
15ml	20ml	Black Sesame Seeds
240g	320g	Halloumi Cheese <i>cut into bite-sized cubes</i>
300g	400g	Cucumber <i>rinse & cut in half lengthways</i>
45g	60g	Pickled Ginger <i>drain & roughly chop</i>
45g	60g	Piquanté Peppers <i>drain</i>
90ml	125ml	Kewpie Mayo

1. COCONUT RICE Place the rice in a pot with 300ml [400ml] of salted water and ½ the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

2. SESAME-GLAZED HALLOUMI In a bowl, combine the garlic, vinegar, maple syrup, ½ the chilli flakes, and sesame seeds. Place a pan over medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes per side. Add the garlic mixture and simmer until the halloumi is glazed and fully coated, 2-3 minutes. Remove from the heat.

3. SOME FRESHNESS Using a spoon or a knife, gently scoop out the seeds from the cucumber and cut into half-moons. In a bowl, combine the cucumber, pickled ginger, peppers, a drizzle of olive oil and season. Loosen the mayo with water in 10ml increments until a drizzling consistency.

4. TIME TO DINE Bowl up the coconut rice, top with the glazed halloumi, scatter over the cucumber salsa, drizzle over the mayo, and garnish with a sprinkle of the chilli flakes (to taste). Dig in, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water