



UCCOOK

Vegetarian Pineapple & Halloumi Salad

with almonds & a sweet dressing

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Niriða | Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	588kj	2792kj
Energy	141kcal	668kcal
Protein	7.1g	33.7g
Carbs	10g	49g
of which sugars	3.9g	18.6g
Fibre	3.7g	17.4g
Fat	6.9g	32.6g
of which saturated	3.9g	18.6g
Sodium	153mg	726mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Chickpeas <i>drain & rinse</i>
5ml	10ml	NOMU One For All Rub
5g	10g	Almonds <i>roughly chop</i>
100g	200g	Fresh Pineapple Fingers <i>cut into bite-sized pieces</i>
80g	160g	Halloumi Cheese <i>pat dry & cut into thick slabs</i>
25ml	50ml	Salad Dressing <i>(20ml [40ml] Orange Juice & 5ml [10ml] Dijon Mustard)</i>
40g	80g	Salad Leaves <i>rinse</i>
100g	200g	Baby Tomatoes <i>rinse & cut in half</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. In the final minute, add the NOMU rub. Season and set aside. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. NUTS ABOUT NUTS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PINING FOR PINEAPPLE Return the pan to high heat. When hot, fry the pineapple pieces until charred, 2-3 minutes per side. Remove from the pan and set aside.

4. HELLO HALLOUMI Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi slabs until crispy and golden, 2-3 minutes per side. Remove from the pan and drain on paper towel.

5. MIX THINGS UP In a salad bowl, combine the salad dressing with 10ml [20ml] of sweetener (to taste), and a drizzle of olive oil. Add the leaves, the baby tomatoes, 1/2 the toasted almonds, the crispy chickpeas, and seasoning.

6. SO READY FOR THIS SALAD! Plate up the hearty salad. Top with the charred halloumi and pineapple. Sprinkle over the remaining almonds. Yum!