



# U C O O K

— COOKING MADE EASY

## TURKISH HALLOUMI & BULGUR PILAF

**with Za'atar, ready-made tzatziki & honey-drizzled roast cauliflower**

Flavours of southern Turkish cuisine flourish in this tantalising bulgur wheat pilaf, fragrant with onion, garlic, Za'atar spice, and rocket. Layered with roast veg, mint-infused halloumi, and refreshing tzatziki ('cacik' in Turkish!)

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 4 People

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**Chef:** Fatima Ellemdeen

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 **Vegetarian**

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## Ingredients & Prep

|       |   |
|-------|---|
| 240g  | Lentils<br><i>drained &amp; rinsed</i>                  |
| 400g  | Cauliflower Florets<br><i>cut into bite-size pieces</i> |
| 300g  | Julienne Carrot   |
| 20ml  | Honey   |
| 300ml | Bulgur Wheat  |
| 60ml  | Za'atar Spice   |
| 40g   | Pumpkin Seeds   |
| 2     | Onion<br><i>peeled &amp; thinly sliced</i>              |
| 4     | Garlic Clove<br><i>peeled &amp; grated</i>              |
| 320g  | Minted Halloumi<br><i>sliced into 1cm thick slabs</i>   |
| 80g   | Green Leaves<br><i>rinsed</i>                           |
| 180ml | Tzatziki  |

## From Your Kitchen

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

**1. OVEN-CARAMELISED VEG** Preheat the oven to 200°C. Boil the kettle for step 2. Place the drained lentils and cauliflower pieces on a roasting tray. Coat in oil, season, and spread out in an even layer. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy. Place the julienne carrot on a second roasting tray, coat in oil, and season. When the cauliflower and lentils are at the halfway mark, give them a shift and return to the oven. Pop in the tray of carrot and cook for the remaining roasting time. On completion, remove both trays from the oven and drizzle the honey over the roast carrot.

**2. WARM BULGUR WHEAT** Place the bulgur wheat and half of the Za'atar spice in a large, shallow bowl. Submerge in 800ml of boiling water, add a drizzle of oil, and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion and season to taste. Replace the plate and set aside.

**3. POP THOSE SEEDS** Place the pumpkin seeds in a large, nonstick pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

**4. LOAD UP THE BULGUR PILAF** When the bulgur is nearly cooked, return the pan to a medium heat with a drizzle of oil. When hot, sauté the sliced onion for 4-5 minutes until soft and translucent. Add the grated garlic and remaining Za'atar spice and sauté for another 2-3 minutes. On completion, transfer to the bowl of cooked bulgur and toss through the rinsed green leaves. Set aside for serving.

**5. CRISPY, CHEESY GOLD!** Wipe down the pan if necessary and return it to a medium heat with another drizzle of oil or a knob of butter. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy and golden. Remove from the pan and allow to drain on some paper towel. You may need to do this step in batches for the crispiest results — and try not to eat it all before serving!

**6. PLATE YOUR SOUTHERN TURKISH TREAT** Make a bed of flavourful bulgur wheat pilaf. Cover with some roast veggies and layer with the crunchy halloumi. Top with a hearty dollop of tzatziki and finish with a sprinkling of toasted pumpkin seeds. Enjoy!



## Chef's Tip

Don't overcrowd the pan when frying halloumi, for crispiest results

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 676kJ   |
| Energy             | 162Kcal |
| Protein            | 8.5g    |
| Carbs              | 20g     |
| of which sugars    | 3.6g    |
| Fibre              | 6.1g    |
| Fat                | 5.5g    |
| of which saturated | 3.4g    |
| Sodium             | 128mg   |

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook  
within 3  
Days