



WCOOK

Green Goddess Halloumi Salad

with tart green apple & homemade creamy guacamole

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Nitída | Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	633kJ	4437kJ
Energy	151kcal	1062kcal
Protein	5.3g	37.2g
Carbs	12g	81g
of which sugars	3.8g	26.6g
Fibre	4.7g	32.9g
Fat	9.5g	66.4g
of which saturated	3.4g	23.9g
Sodium	118mg	826mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Chickpeas <i>drain & rinse</i>
10g	20g	Walnuts <i>roughly chop</i>
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
25ml	50ml	Low Fat Plain Yoghurt
5ml	10ml	Red Wine Vinegar
40ml	80ml	Panko Breadcrumbs
5ml	10ml	NOMU Roast Rub
80g	160g	Halloumi <i>pat dry & slice into 1cm thick slices</i>
50g	100g	Peas
1	1	Apple <i>rinse</i>
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Milk (optional)
Egg/s
Seasoning (salt & pepper)

1. POPPIN' 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, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

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

3. GET DRESSED! In a bowl, combine the avocado, the yoghurt, and mash with a fork until smooth. Gradually loosen with milk or water in 30ml increments until drizzling consistency. Pour in the vinegar (to taste), seasoning, and mix until combined.

4. HALLO HALLOUMI In a shallow dish, combine the breadcrumbs and the NOMU rub (seasoned lightly). Prepare another shallow dish with 1 egg whisked with 1 tbsp of water. Dip each halloumi slice into the egg, and then lightly coat in the breadcrumbs. Return the pan to a medium-high heat with enough oil to coat the base. When hot, fry the crumbed halloumi for 1 minute each side, until golden brown. Remove from the pan and drain on paper towel.

5. LET'S ASSEMBLE! Boil the kettle. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a salad bowl. Cut half the rinsed apple into cubes, place in the salad bowl with the peas, and set aside the remainder for another meal. Add the salad leaves, ½ the chickpeas and ½ the green goddess dressing. Toss until fully coated.

6. FEAST LIKE A GODDESS Bowl up a portion of crunchy salad. Top with the crispy halloumi and drizzle over the remaining green goddess dressing. Garnish with the remaining chickpeas, parsley and walnuts. Gorgeous!