

U C O O K

— COOKING MADE EASY

TROPICAL SPICED HALLOUMI

with charred pineapple & brown basmati rice

Get that sizzling crunch with golden halloumi, spiced with NOMU coffee rub. Top it off with nutty rice, grilled pineapple, and tomato and jalapeño salsa – the stuff summery dinner dreams are made of.

Prep + Active Time: 15 minutes

Total Cooking Time: 35 minutes

 **Serves:** 1 person

 **Chef:** Alex Levett

 **Vegetarian**

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Ingredients

75ml	Brown Basmati Rice
120g	Black Beans <i>drained & rinsed</i>
1	Red Onion <i>one half peeled & finely diced</i>
20g	Pickled Sliced Jalapeno <i>drained & roughly chopped</i>
80g	Baby Tomatoes <i>quartered</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
1	Lemon <i>one half cut into wedges</i>
2	Pineapple Rings
50g	Kale <i>rinsed & roughly shredded</i>
7.5ml	NOMU Coffee Rub
80g	Halloumi <i>sliced into 1cm thick strips</i>

From Your Kitchen

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



CHEF'S TIP

Try to keep the lid on the rice for the entire cooking and steaming time, only checking if necessary.

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. READY YOUR RICE

Rinse the rice and place in a pot. Submerge in 250ml of salted water. Bring to the boil with the lid on. Once boiling, reduce the heat and simmer for 20 minutes until most of the water has been absorbed. Then, keeping the lid on, remove from the heat and allow to steam for a further 10 minutes. When the rice is cooked, drain if necessary. Add the black beans and stir into the rice to heat through.

3. SALSA TIME

Place the diced onion, chopped jalapeños, and quartered tomatoes in a bowl. Add in three-quarters of the chopped coriander, a squeeze of lemon juice, and a drizzle of olive oil. Toss together and season to taste. Set aside for serving.

4. CHAR THE PINEAPPLE

Place a pan over a high heat with a drizzle of oil. When hot, fry the pineapple rings for 1-2 minutes per side until charred. Remove from the pan on completion and set aside.

5. SAUTÉ THE KALE

Place the shredded kale in a bowl with a drizzle of oil and seasoning to taste. Use your hands to gently massage the kale until soft and coated in oil. Wipe down the pan if necessary, and return to a medium heat. When hot, sauté the kale for 2-3 minutes until wilted. Return to the bowl, cover with a plate to keep warm, and set aside for serving.

6. CRISPY FRIED HALLOUMI

Combine the Coffee Rub with 2 tsp of oil and coat the halloumi slices. Return the pan to a medium heat with a drizzle of oil. When hot, fry the halloumi for 1-2 minutes per side until crispy and golden. Remove from the pan and set aside to drain on some paper towel. Roughly slice into bite-size pieces.

7. PLATE UP

Dish up a warm bowl of rice and beans and top with the kale, charred pineapple, jalapeño salsa, and spiced halloumi. Garnish with the remaining chopped coriander and a lemon wedge. Enjoy, Chef!

Nutritional Information

Per 100g

Energy (kJ)	587
Energy (kcal)	140
Protein	7
Carbs	18
of which sugars	3
Fibre	4
Fat	5
of which saturated	3
Salt	1

Cook within: 3 days

Allergens: Dairy Allium



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Gluten-free