

UCOOK

Chickpea & Halloumi Roti Wraps

with parsley cottage cheese & a charred corn salsa

We love crispy, we love creamy, so why not bring them together? These mini roti wraps envelop crisp, golden halloumi, smears of cottage cheese dotted with fresh parsley, toasted chickpeas, green leaves, and a charred corn, chilli & cucumber salsa. Little pockets of culinary perfection just waiting to be devoured!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Strandveld | Adamastor White Blend

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Ingredients & Prep

40g	Corn
60g	Chickpeas <i>drain & rinse</i>
1	Onion <i>peel & finely dice ½</i>
50g	Cucumber <i>rinse & finely dice</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
12,5ml	Pickling Liquid <i>(10ml Red Wine Vinegar & 2,5ml Honey)</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
30ml	Low Fat Cottage Cheese
20g	Green Leaves <i>rinse</i>
4	Rotis
80g	Halloumi <i>slice lengthways into 1cm thick slabs</i>

From Your Kitchen

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

1. CHAR THE CORN Place a pan over high heat with a drizzle of oil. When hot, fry the corn until charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CRUNCHY CHICKPEAS Return the pan to medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). Remove from the pan and season.

3. FILLINGS FOR YOU Add the diced onion and the diced cucumber to the bowl of charred corn. Add ½ the chopped parsley, ¾ of the pickling liquid, the sliced chilli (to taste), a drizzle of olive oil, and seasoning. Set aside. In a separate bowl, combine the cottage cheese with the remaining pickling liquid (to taste), the remaining parsley, and seasoning. Loosen with milk (optional) or water in 5ml increments if too thick. Set aside. Toss the rinsed green leaves with a drizzle of olive oil and seasoning.

4. HEATING UP When the chickpeas are almost crispy, place a second pan over medium-high heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

5. FRY THE HALLOUMI Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi slabs until crispy and golden, 1-2 minutes per side. Remove and drain on paper towel.

6. AND THAT'S A WRAP! Lay out the rotis and smear generously with the parsley cottage cheese. Pile the leaves, the toasted chickpeas, and the halloumi slabs in the centre and top with the corn salsa. Garnish with any remaining fresh chilli if you're feeling spicy! Fold 'em up and dig in.

Nutritional Information

Per 100g

Energy	710kJ
Energy	170kcal
Protein	7.9g
Carbs	17g
of which sugars	4.3g
Fibre	3.3g
Fat	7g
of which saturated	4.1g
Sodium	269mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Cook
within 3
Days