



U C O O K

— COOKING MADE EASY

Quinoa-Crusted Halloumi Salad

with butter bean hummus, hemp hearts & bulgur wheat

Warm, gooey cheese on the inside; crispy, gluten-free quinoa crust on the outside. What more could you ask? With extra crunch from green beans, fresh rocket, and toasted hemp hearts, sweetness from dried cranberries, and fragrance from spiced hummus.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 **Vegetarian**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

75ml	Bulgur Wheat
2.5ml	Vegetable Stock
10ml	Hemp Seed Hearts
15ml	Tapioca Flour
65ml	BIO XXI Quinoa Flakes
80g	Halloumi <i>cut into 1cm thick slabs</i>
10ml	NOMU Moroccan Rub
120g	Butter Beans <i>drained & rinsed</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
20g	Green Leaves <i>rinsed</i>
10g	Dried Cranberries <i>roughly chopped</i>
1	Lemon <i>one half cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Egg/s
Butter (optional)
Paper Towel
Blender
Milk (optional)

1. COOK THE BULGUR Boil the kettle. Using a bowl, submerge the bulgur wheat and stock in 150ml 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, replace the plate, and set aside.

2. HEARTY HEMP SEEDS Place the hemp hearts in a pan over a medium heat. Toast for 1-2 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. CRUMB THE HALLOUMI Whisk 1 egg in a dish with 1 tsp of water. Prepare two more dishes: one containing the tapioca flour and one containing the quinoa flakes, both seasoned lightly. Coat the halloumi slabs in the flour first and then in the egg. Lastly, coat in the quinoa flakes, pressing them down so they stick and coat evenly. Make sure the halloumi is fully coated in one mixture before moving on to the next and dust off any excess between coatings. Set aside until frying.

4. SPICY BEAN HUMMUS Place a pot over a low-medium heat with a drizzle of oil or knob of butter. Add the Moroccan Rub to taste and temper for 1-2 minutes as the oil heats up, shifting constantly. Stir in the drained butter beans and 60ml of water. Bring to a simmer and cook for 4-5 minutes, stirring occasionally. Remove from the heat, pour into a blender or food processor, and blend until a thick hummus. If too thick, loosen by gradually adding water or milk in small increments. Return to the pot and season to taste. Cover with a lid to keep warm until serving.

5. BEANS & HALLOUMI Return the pan to a medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans for 3-4 minutes until cooked al dente. Remove from the pan on completion and toss through a drizzle of oil and some seasoning. Wipe down the pan and return it to a medium-high heat with enough oil to cover the base. When hot, fry the halloumi for 2-3 minutes per side until crispy and golden. Remove from the pan on completion and allow to drain on some paper towel.

6. PILE IT UP! Make a bed of bulgur and top with the green beans and rinsed green leaves. Drizzle with olive oil and top with the crumbed halloumi. Squeeze over the lemon juice to taste (we recommend using lots!) and cover in a big dollop of butter bean hummus. Garnish with the toasted hemp hearts and chopped cranberries. You've earned it, Chef!



Chef's Tip

Tempering is a common cooking technique used in Indian cuisine to extract the full flavour from spices. This method involves heating whole or ground spices in hot oil before adding them to a dish or condiment.

Nutritional Information

Per 100g

Energy	920kJ
Energy	220Kcal
Protein	10g
Carbs	29g
of which sugars	2.1g
Fibre	6.8g
Fat	7.7g
of which saturated	4.1g
Sodium	389mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days