



UCOOK

Halloumi & Basil Pesto Rice

**with charred onion, mushrooms & bell
peppers**

Cheese, cheese, glorious cheese! Say goodbye to those same-old vegetarian meals and hallo-umi to a flavour-packed dish featuring a medley of pan-fried mushrooms, onion & bell peppers with Pesto Princess Basil Pesto-infused rice and crispy halloumi slabs. Garnished with peppery fresh basil.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Suné van Zyl

Veggie

Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

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Ingredients & Prep

125g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Onion <i>peel & roughly slice</i>
1	Bell Pepper <i>rinse, deseed & roughly slice</i>
150ml	White Basmati Rice <i>rinse</i>
60ml	Pesto Princess Basil Pesto
160g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
5g	Fresh Basil <i>rinse & roughly tear</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. MMMUSHROOMS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season. Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the sliced onion and the sliced bell pepper until golden, 4-5 minutes (shifting occasionally). Remove from the pan and mix with the fried mushrooms. Alternatively, air fry the mushroom slices, the onion and bell pepper slices at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PESTO RICE Place the rinsed rice in a pot with 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, add the pesto and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. GOLDEN HALLOUMI Place a pan over medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes per side. Remove from the pan, drain on paper towel and cut into bite-sized pieces.

4. EVERY BITE A TRIUMPH Plate up the pesto rice, top with the charred veg & halloumi slabs, and garnish with the torn basil.

Nutritional Information

Per 100g

Energy	529kJ
Energy	126kcal
Protein	5.1g
Carbs	13g
of which sugars	2.2g
Fibre	2.2g
Fat	6.1g
of which saturated	3.2g
Sodium	114mg

Allergens

Cow's Milk, Egg, Allium, Sulphites, Tree Nuts

Eat
Within
3 Days