



UCOOK

Halloumi Salad & Emerald Dressing

with tart apple, crunchy walnuts & creamy guacamole

Sweet dreams are made of greens! Crumbed halloumi is tossed with peas, salad leaves & chickpeas, and coated in our famous emerald dressing: yoghurt, guacamole & raspberry vinegar. Walnuts and fresh apples finish off this fresh dish with a divine crunch!


Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 KWV - The Mentors | KWV The Mentors
Grenache Blanc 2021

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Ingredients & Prep

120g	Chickpeas <i>drained & rinsed</i>
10g	Walnuts <i>roughly chopped</i>
80g	Guacamole
25ml	Low Fat Plain Yoghurt
5ml	Raspberry Vinegar
40ml	Panko Breadcrumbs
5ml	NOMU Roast Rub
80g	Halloumi <i>patted dry & sliced into 1cm thick slices</i>
50g	Peas
1	Apple <i>½ rinsed, cored & cut into cubes</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GOLDEN CHICKPEAS Preheat the oven to 200°C. Spread the drained chickpeas on a roasting tray, coat in oil, and season. Roast in the hot oven until golden and crispy, 12-15 minutes.

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

3. EMERALD DRESSING In a bowl, combine the guacamole and the yoghurt. Gradually loosen with milk (optional) or water in 30ml increments until drizzling consistency. Pour in the raspberry vinegar (to taste), season, and mix until combined.

4. HALLOUMI IT UP! In a shallow dish, combine the breadcrumbs, the NOMU rub, and seasoning. In a second shallow dish, whisk 1 egg with 1 tbsp of water. Dip each halloumi slice into the egg and then lightly coat in the breadcrumbs. Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the crumbed halloumi until golden brown, 1 minute each side. Remove from the pan and drain on paper towel.

5. LET'S ASSEMBLE! Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. In a salad bowl, toss together the peas, the apple cubes, the shredded salad leaves, ½ the crispy chickpeas, and ½ the emerald dressing.

6. TIME TO FEAST! Bowl up a portion of crunchy salad. Top with the crispy halloumi and drizzle over the remaining emerald dressing. Garnish with the remaining chickpeas, the chopped parsley, and the toasted walnuts. Gorgeous!



Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	710kJ
Energy	170kcal
Protein	7.1g
Carbs	13g
of which sugars	3.9g
Fibre	4.3g
Fat	9.3g
of which saturated	4.1g
Sodium	149mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within 3
Days