



UCCOOK

Bertha's Honey & Halloumi Flatbread

with pickled onions

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Veggie: Serves 1 & 2

Chef: Bertha Winery

Wine Pairing: Bertha Wines | Bertha Rosé

Nutritional Info	Per 100g	Per Portion
Energy	1006kJ	3453kJ
Energy	241kcal	826kcal
Protein	9.4g	32.2g
Carbs	26g	90g
of which sugars	11.3g	38.3g
Fibre	2.7g	9.1g
Fat	10.5g	36g
of which saturated	5.9g	20.2g
Sodium	383mg	1314mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds
50ml	100ml	Low Fat Plain Yoghurt
2,5ml	5ml	Ground Cumin
5ml	10ml	Dried Chilli Flakes
10ml	20ml	Lemon Juice
1	2	Flatbread/s
80g	160g	Halloumi Cheese <i>cut into bite-sized cubes</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Pickled Onions <i>drain & finely slice</i>
30ml	60ml	Honey
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

Tea Towel

1. **ALL THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. **YUMMY YOGHURT** In a small bowl, combine the yoghurt, the ground cumin (to taste), the chilli flakes (to taste), the lemon juice (to taste) and seasoning. Loosen with water in 5ml increments until a drizzling consistency. Set aside.

3. **TOAST** Return the pan to medium heat. When hot, toast the flatbread until golden, 1-2 minutes per side. Remove from the pan and set aside, covering with a clean dish towel.

4. **HALLO HALLOUMI** Return the pan to medium heat with a drizzle of oil. Fry the halloumi until crispy and golden, 1-2 minutes per side (shifting occasionally). Remove from the pan and drain on paper towel.

5. **FANTASTIC FLATBREAD** Assemble the flatbread by placing down the salad leaves. Top with the pickled onions and scatter over the halloumi, drizzled with the honey. Dollop with the cumin yoghurt, scatter over the almonds and garnish with the coriander.