



# UCOOK

## Vegetarian Pineapple & Halloumi Salad

**with almonds & a sweet dressing**

Take your salad game up a notch with this unexpected flavour combination of salty, crispy-fried halloumi slabs & sweet, charred pineapple. The supporting players for this dish are tangy baby tomatoes, nutty chickpeas, almonds & a sweet-mustard citrus salad dressing — all forming a champion culinary team!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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Carb Conscious

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Groote Post Winery | Groote Post Shiraz 2021

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## Ingredients & Prep

240g	Chickpeas <i>drain &amp; rinse</i>
10ml	NOMU One For All Rub
10g	Almonds <i>roughly chop</i>
200g	Fresh Pineapple Pieces <i>cut into bite-sized pieces</i>
160g	Halloumi <i>pat dry with paper towel &amp; cut into thick slabs</i>
50ml	Salad Dressing <i>(40ml Orange Juice &amp; 10ml Dijon Mustard)</i>
80g	Salad Leaves <i>rinse</i>
200g	Baby Tomatoes <i>rinse &amp; cut in half</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. In the final minute, add the NOMU rub. Season and set aside.

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

**3. PINING FOR PINEAPPLE** Return the pan to high heat. When hot, fry the pineapple pieces until charred, 2-3 minutes per side. Remove from the pan and set aside.

**4. HELLO HALLOUMI** Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi slabs until crispy and golden, 2-3 minutes per side. Remove from the pan and drain on paper towel.

**5. MIX THINGS UP** In a salad bowl, combine the salad dressing with 20ml of sweetener (to taste), and a drizzle of olive oil. Add the rinsed leaves, the halved baby tomatoes, 1/2 the toasted almonds, the crispy chickpeas, and seasoning.

**6. SO READY FOR THIS SALAD!** Plate up the hearty salad. Top with the charred halloumi and pineapple. Sprinkle over the remaining almonds. Yum!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	589kJ
Energy	141kcal
Protein	7.1g
Carbs	10g
of which sugars	3.9g
Fibre	3.7g
Fat	6.9g
of which saturated	3.9g
Sodium	162mg

## Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
3 Days