



# UCOOK

## Chilli Halloumi & Bell Pepper Wraps

with jalapeño relish & roasted garlic mayo

If you're ever in a wrap battle, this is the recipe to make, Chef! Pan-toasted tortilla wraps are layered with fresh greens, caramelised onion and peppers, salty and crispy halloumi slices, a kick from the jalapeño & coriander mayo, and aromatic spice notes throughout from the NOMU Garam Masala Rub.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Samantha du Toit

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 Veggie

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 Creation Wines | Creation Chenin Blanc

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## Ingredients & Prep

2	Onions <i>peel &amp; roughly slice</i>
4	Bell Peppers <i>rinse, deseed &amp; sliced into strips</i>
40ml	NOMU Garam Masala Rub
2 units	Roasted Garlic Mayo
40ml	Jalapeño Relish
10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
8	Wheat Flour Tortillas
320g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
80g	Salad Leaves <i>rinse &amp; shred</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)

**1. CARAMELISATION STATION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion & peppers until caramelised, 12-15 minutes (shifting occasionally). In the final 5 minutes, baste with the NOMU rub. Remove from the pan, season, and cover.

**2. SPICY MAYO** In a bowl, combine the mayo with the jalapeño relish, ½ the chopped coriander, and seasoning. Set aside.

**3. TIME TO TOAST** Place a clean pan over medium heat. When hot, toast each wrap until warmed through, 30-60 seconds per side. Stack and cover.

**4. GOLDEN HALLOUMI** Return the pan used for the wraps to medium heat with a drizzle of oil. When hot, fry the halloumi slices until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

**5. IT'S A WRAP!** Load the toasted wraps with the shredded leaves, the caramelised onion & peppers, the golden halloumi slices, and dollops of the jalapeño mayo. Sprinkle over the remaining chopped coriander and wrap it up. Go for it, Chef!

## Nutritional Information

Per 100g

Energy	760kJ
Energy	182kcal
Protein	5.4g
Carbs	13g
of which sugars	2.5g
Fibre	2.9g
Fat	11.9g
of which saturated	4.7g
Sodium	277mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Cook  
within 3  
Days