



UCOOK

Charred Mango & Halloumi Salad

with flaked almonds, sweet dressing & crispy lentils

The unexpected flavour combination of grilled halloumi, salty kalamata olives & sweet mango is an absolute culinary delight!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Niel Joubert | Blanc de Noir

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Ingredients & Prep

60g	Lentils <i>drained & rinsed</i>
10ml	NOMU One For All Rub
15g	Flaked Almonds
100g	Mango
80g	Halloumi <i>cut into thick slabs</i>
40g	Green Leaves <i>rinsed</i>
100g	Baby Tomatoes <i>halved</i>
25g	Pitted Kalamata Olives <i>drained & halved</i>
40ml	Salad Dressing <i>(20ml Orange Juice, 5ml Dijon Mustard & 15ml Honey)</i>

From Your Kitchen

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

1. CRISPY LENTILS Preheat the oven to 180°C. Place the drained lentils on a roasting tray. Coat in oil, the rub, and seasoning. Spread out in a single layer and roast in the hot oven for 20-25 minutes until crispy.

2. TOASTY ALMONDS Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. GLORIOUS MANGOES Return the pan to a medium heat with another drizzle of oil. Char the mango for 2-3 minutes per side. Remove from the pan.

4. GOLDEN HALLOUMI Wipe down the pan and return to a medium heat with another drizzle of oil. When hot, fry the halloumi slices for 2-3 minutes per side until crispy and golden. Remove from the pan on completion and drain on some paper towel.

5. NUTRITIOUS TOSS UP In a bowl, toss the rinsed leaves, halved tomatoes, halved olives, ½ the toasted chopped almonds and the crispy lentils. Toss through the salad dressing and season to taste.

6. HEARTY SALAD Plate up the hearty salad. Top with the charred halloumi and mango. Sprinkle over the remaining chopped almonds. Yum!

Nutritional Information

Per 100g

Energy	675kJ
Energy	161Kcal
Protein	7.8g
Carbs	15g
of which sugars	8.1g
Fibre	4.7g
Fat	7.9g
of which saturated	4g
Sodium	267mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 1
Day