



U C O O K

— COOKING MADE EASY

HALLOUMI & WATERBLOMMETJIE SOSATIES

with **crispy, smashed baby potatoes & peri-peri mayo**

Feeling festive? Why not light up the coals and braai these luxury veg sosaties! Halloumi, waterblommetjies, and Kalamata olives, brushed with fragrant rosemary oil and served with roast baby potatoes and a green salad with fresh basil.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 **Vegetarian**

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed</i>
150g	Waterblommetjies
30ml	That Mayo Original Mayo
10ml	NOMU Peri-Peri Rub
20g	Green Leaves <i>rinsed & gently shredded</i>
50g	Cucumber <i>diced</i>
3g	Fresh Basil <i>rinsed & picked</i>
40g	Pitted Kalamata Olives <i>drained</i>
80g	Halloumi <i>cut into 2cm cubes</i>
3	Sosatie Sticks
1	Lemon <i>one half cut into wedges</i>
4g	Fresh Rosemary <i>rinsed</i>

From Your Kitchen

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

1. TASTY 'TATERS Preheat the oven to 220°C. Place the rinsed baby potatoes in a pot of salted water over a high heat and cover with a lid. Once boiling, remove the lid and reduce the heat. Simmer for 10-15 minutes until par boiled but still firm. Drain on completion and return to the pot.

2. VEG PREP Boil the kettle. Trim the stalks of the waterblommetjies. Submerge in a bowl of salted water and rinse well, opening up the leaves to remove any dirt. Try to keep them intact as far as possible. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the waterblommetjies in a colander over the pot. Cover with a lid and allow to steam for 12-15 minutes until softened. Alternatively, use a steamer if you have one.

3. PERI-PERI MAYO & SALAD In a small bowl, combine the mayo with half of the Peri-Peri Rub (to taste) and set aside for serving. Place the shredded green leaves in a bowl with the diced cucumber and rinsed basil leaves. Toss through some olive oil and seasoning to taste.

4. GET 'EM GOLDEN Place the par-boiled baby potatoes on a lightly greased, tinfoil-lined roasting tray in a single layer. Using a fork, gently press down on top of them, splitting the skin, but keeping them in one piece. Drizzle with oil, season, and sprinkle over the remaining Peri-Peri Rub to taste. Roast in the hot oven for 10-15 minutes until crispy, shifting halfway.

5. ASSEMBLE YOUR SOSATIES! Slide a steamed waterblommetjie, an olive, and a cube of halloumi onto a sosatie stick. Repeat in the same order, filling up each stick until the ingredients are used up. Lay out the sosaties on a tinfoil-lined roasting tray. Place the rinsed rosemary sprig in a shallow dish and cover in oil. Pound it using a wooden spoon to release the fragrance into the oil. Use the rosemary sprig to brush each sosatie until coated in oil. Squeeze over the juice of 1 lemon wedge and season to taste. Pop the used lemon wedge and rosemary sprig on top of the sosaties and pop the tray in the oven. Roast for 10-12 minutes until starting to brown and crisp, shifting halfway.

6. BRAAI-STYLE VEGGIE FEAST Lay the sosaties next to the crispy, smashed baby potatoes and the fresh salad. Serve with a lemon wedge and the peri-peri mayo on the side for dipping. Baie lekker, Chef!



Chef's Tip

These veggie sosaties can be grilled over hot coals instead of roasted in the oven. So, if you have the time and enjoy a braai, plan ahead for this meal and get one going!

Nutritional Information

Per 100g

Energy	529kJ
Energy	126Kcal
Protein	4.5g
Carbs	8g
of which sugars	1.7g
Fibre	3.2g
Fat	6.1g
of which saturated	3.3g
Sodium	258mg

Allergens

Egg, Dairy, Allium

Cook
within 2
Days