

U C O O K

— COOKING MADE EASY

Silky Palak Halloumi

with black quinoa, spinach, fresh chilli & toasted cashews

This fusion take on a curry favourite, palak paneer, features chunks of crispy halloumi strewn over a smooth curry of yoghurt, spices, and spinach or 'palak'. It's rich in flavour, not too spicy, and elegantly accompanied by nutty black quinoa.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Vegetarian**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

75ml	Black Quinoa
5ml	Vegetable Stock
15g	Cashew Nuts
150g	Spinach <i>rinsed & roughly shredded</i>
1	Onion <i>one half peeled & finely diced</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
10ml	NOMU Garam Masala Spice Blend
1	Garlic Clove <i>peeled & grated</i>
100ml	Plain Yoghurt
80g	Halloumi <i>cut into 1cm thick slabs</i>

From Your Kitchen

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

1. GET SET, GO! Rinse the quinoa and place in a pot. Submerge in 400ml of water and stir through the stock. Pop on a lid, place over a medium-high heat, and bring to a simmer. Cook for 30-35 minutes until the quinoa is tender and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

2. TOAST THOSE CASHEWS Place a pan that has a lid over a medium heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. GOING GREEN When the quinoa reaches the halfway mark, return the pan to a medium heat with a splash of water to cover the base. Once simmering, add in the shredded spinach, pop on the lid, and allow to wilt for 1-2 minutes. Drain on completion and place in a clean tea towel or muslin cloth. Squeeze to remove excess water and set aside in a bowl.

4. MAKE THE PALAK SAUCE Return the pan to a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent. Add the sliced chilli to taste, the garam masala, and the grated garlic. Fry for a further 30-60 seconds until fragrant. Remove from the heat and stir in the yoghurt and spinach. Transfer to a blender or food processor and blend until smooth. If too thick, gradually loosen with milk or water in 5ml increments. Return the sauce to the pan and keep warm over a low heat until serving.

5. CRISPY HALLOUMI Place a second pan over a medium heat with a drizzle of oil or knob of butter. When hot, fry the slabs of halloumi for 1-2 minutes per side until crispy and golden. Set aside to drain on paper towel – and try not to eat it all before serving! When cool enough to handle, cut into bite-size chunks.

6. GRUB'S UP! Dish up a pile of black quinoa, smother in the gorgeous palak curry, and scatter over the chunks of halloumi. Garnish with the chopped, toasted cashews and any remaining fresh chilli to taste. It's as simple as that!



Chef's Tip

Black quinoa is a little different to the classic white quinoa, so don't let this alarm you! It retains its shape better than white quinoa, so its texture is al dente and grainy, rather than fluffy. It also has a slightly sweeter, more earthy flavour.

Nutritional Information

Per 100g

Energy	704kJ
Energy	168Kcal
Protein	8.9g
Carbs	14g
of which sugars	1.8g
Fibre	3.7g
Fat	8g
of which saturated	4.3g
Sodium	496mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days