



# QCOOK

## Green Goddess Halloumi Salad

with tart green apple & homemade creamy guacamole

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 3 & 4

**Chef:** Ella Nasser

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 660kJ    | 4759kJ      |
| Energy             | 158kcal  | 1139kcal    |
| Protein            | 5.8g     | 42.1g       |
| Carbs              | 11g      | 81g         |
| of which sugars    | 3.7g     | 26.6g       |
| Fibre              | 4.7g     | 34.1g       |
| Fat                | 10.1g    | 72.6g       |
| of which saturated | 3.9g     | 28.4g       |
| Sodium             | 132mg    | 951mg       |

**Allergens:** Sulphites, Egg, Gluten, Tree Nuts, Wheat,  
Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 180g     | 240g       | Chickpeas<br><i>drain &amp; rinse</i>                  |
| 30g      | 40g        | Walnuts<br><i>roughly chop</i>                         |
| 2        | 2          | Avocados<br><i>cut in half &amp; roughly dice</i>      |
| 75ml     | 100ml      | Low Fat Plain Yoghurt                                  |
| 15ml     | 20ml       | Red Wine Vinegar                                       |
| 125ml    | 160ml      | Panko Breadcrumbs                                      |
| 15ml     | 20ml       | NOMU Roast Rub   |
|          | 400g       | Halloumi Cheese  |
| 150g     | 200g       | Peas   |
| 2        | 2          | Apples<br><i>rinse</i>                                 |
| 120g     | 160g       | Salad Leaves<br><i>rinse &amp; roughly shred</i>       |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Egg/s

Milk (optional)

Paper Towel

**1. POPPIN' CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

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

**3. GET DRESSED!** In a bowl, combine the avocado, the yoghurt, and mash with a fork until smooth. Gradually loosen with milk or water in 30ml increments until drizzling consistency. Pour in the vinegar (to taste), seasoning, and mix until combined.

**4. HALLO HALLOUMI** In a shallow dish, combine the breadcrumbs and the NOMU rub (seasoned lightly). Prepare another shallow dish with 1 egg whisked with 1 tbsp of water. Dip each halloumi slice into the egg, and then lightly coat in the breadcrumbs. Return the pan to a medium-high heat with enough oil to coat the base. When hot, fry the crumbed halloumi for 1 minute each side, until golden brown. Remove from the pan and drain on paper towel. You may need to do this step in batches.

**5. LET'S ASSEMBLE!** Boil the kettle. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a salad bowl. Cut half the rinsed apple into cubes, place in the salad bowl with the peas, and set aside the remainder for another meal. Add the salad leaves, ½ the chickpeas and ½ the green goddess dressing. Toss until fully coated.

**6. FEAST LIKE A GODDESS** Bowl up a portion of crunchy salad. Top with the crispy halloumi and drizzle over the remaining green goddess dressing. Garnish with the remaining chickpeas, parsley and walnuts. Gorgeous!

**Chef's Tip**