



UCOOK

Moreish Coffee-Spiced Halloumi

with brown basmati, charred pineapple & Mexican salsa

Awaken your taste buds with these perfectly spiced melty halloumi slabs. Brilliantly charred sweet pineapple and fresh Mexican-style tomato salsa can only make way for a taste sensation — yum!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Alex Levett

 Vegetarian

 Haute Cabrière | Chardonnay Unwooded

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

Ingredients & Prep

200ml	Rice & Lentils <i>(150ml Brown Basmati Rice & 50ml Green Puy Lentils)</i>
1	Red Onion <i>peeled & finely diced</i>
240g	Kidney Beans <i>drained & rinsed</i>
160g	Baby Tomatoes <i>halved</i>
40g	Pickled Jalapeños <i>drained & roughly chopped</i>
1	Lemon <i>zested & cut into wedges</i>
8g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
3	Pineapple Rings
100g	Spinach <i>rinsed & roughly shredded</i>
160g	Halloumi <i>sliced lengthways into 1cm thick slabs</i>
15ml	NOMU Coffee Rub

From Your Kitchen

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

1. DREAM DUO Rinse the rice & lentils and place in a pot over a medium-high heat. Submerge in 500ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. MEXICAN-STYLE WARM SALSA Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onions and drained kidney beans for 3-4. On completion, the onion should be slightly soft and the kidney beans warmed through. Place in a salad bowl with the halved baby tomatoes, jalapeños, lemon zest, $\frac{2}{3}$ chopped coriander, and a drizzle of olive oil. Toss to combine and season to taste.

3. CHAR YOUR RINGS Drain the pineapple rings. Return the pan to a high heat with a drizzle of oil. When hot, fry the pineapple rings for 1-2 minutes per side until charred.

4. EAT YOUR GREENS Return the pan to a medium heat with a drizzle of oil. When hot, add the spinach and sauté for 2-4 minutes until softened. Remove on completion and season to taste with salt, pepper, and some lemon juice.

5. HEAVENLY HALLOUMI Coat the halloumi slices with the coffee rub and a drizzle of oil. Return the pan to a medium heat. When hot, fry the halloumi for 1-2 minutes per side until crispy and golden. Remove and drain on some paper towel. Roughly slice into bite-sized pieces.

6. NOURISHING MEAL! Make a bed of rice and lentils. Top with the sautéed spinach, salsa, spiced halloumi, and charred pineapple. Garnish with the remaining coriander leaves and lemon wedges. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	596kJ
Energy	142Kcal
Protein	7.2g
Carbs	17g
of which sugars	3.3g
Fibre	4.3g
Fat	4.5g
of which saturated	2.9g
Sodium	216mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days