



UCOOK

Sarah's Baby Marrow Salad

with halloumi, basil pesto & pine nuts

For this summer salad, you'll ribbon your baby marrow, infuse it in a zesty lemon marinade, toss it through leaves, baby tomatoes and peas, sprinkle it with luxurious pine nuts, and drizzle it with a basil pesto dressing. Yum!

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Sarah Hewitt

 Vegetarian

 Warwick Wine Estate | First Lady Rosé

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Ingredients & Prep

1	Lemon <i>½ zested & cut into wedges</i>
100g	Baby Marrow <i>rinsed, trimmed & peeled into ribbons</i>
10g	Pine Nuts
80g	Halloumi <i>sliced lengthways into 1cm thick slabs</i>
2,5ml	Dried Chilli Flakes
4g	Fresh Basil <i>rinsed, picked & finely sliced</i>
40g	Peas
30ml	Pesto Princess Basil Pesto
20g	Green Leaves <i>rinsed</i>
20g	Spinach <i>rinsed</i>
80g	Baby Tomatoes <i>halved</i>

From Your Kitchen

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

1. MARINATION TIME In a bowl, mix the juice of 1 lemon wedge, the lemon zest, a drizzle of olive oil, and seasoning. Add the baby marrow ribbons and toss until fully coated. Set aside to marinate.

2. TOASTED NUTS Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

3. HALLOUMI WITH A KICK Boil the kettle. Return the pan to a medium heat with a drizzle of oil. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy and golden. Remove from the pan and drain on some paper towel. Cut into bite-size chunks. Add to a salad bowl with the chilli flakes, the sliced basil leaves, and seasoning.

4. PEAS & PESTO Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and add to the salad bowl with the halloumi. Loosen the basil pesto with water in 5ml increments until drizzling consistency.

5. FINISHING TOUCHES In the bowl with the halloumi and peas, add the rinsed leaves, spinach, halved baby tomatoes, and the marinated baby marrow. Season to taste and toss until fully combined.

6. SALAD STATION Pile up the flavourful and nutritious salad and drizzle over the loosened pesto. Sprinkle over the toasted pine nuts and serve any remaining lemon wedges on the side. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	612kJ
Energy	146Kcal
Protein	7.3g
Carbs	5g
of which sugars	1.8g
Fibre	3.1g
Fat	11.1g
of which saturated	5.2g
Sodium	185mg

Allergens

Egg, Dairy, Allium, Tree Nuts

Cook
within
4 Days