



UCOOK

Citrus Chickpea & Halloumi Couscous

with charred kale, piquanté peppers & fresh orange juice


Keep the winter blues away with a flavour-packed meal that packs a punch of vitamin C. Couscous loaded with cumin-roasted carrots, crispy chickpeas, kale, orange juice & zest, and piquanté peppers form the foundation of this dish. Next comes golden slabs of halloumi, then an orange-infused crème fraîche drizzle, and finally, freshly chopped mint.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Suné van Zyl

 Fan Faves

 Domaine Des Dieux | Chardonnay 2019

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Ingredients & Prep

120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
60g	Chickpeas <i>drain & rinse</i>
2,5ml	Cumin Seeds
50g	Kale <i>rinse & roughly shred</i>
75ml	Couscous
30ml	Crème Fraîche
1	Orange <i>rinse, zest & cut ½ into wedges</i>
80g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
20g	Piquanté Peppers <i>drain</i>
3g	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. THE ROAST WITH THE MOST Boil the kettle. Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). At the halfway mark, coat the chickpeas and the cumin seeds in oil. Add to the tray and roast in the oven for the remaining time. In the final 12-15 minutes, place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Add to the tray and roast in the oven for the remaining time.

2. COUSCOUS & CREME FRAICHE Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. In a bowl, combine the crème fraîche and a squeeze of orange juice (to taste). Loosen with water in 5ml increments until drizzling consistency and season.

3. HALLO HALLOUMI! Slice the halloumi into 1cm thick slabs. Place a pan over medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

4. LOADED WITH FLAVOUR To the couscous, add the roasted carrots, the crispy chickpeas, the charred kale, the orange zest, the drained peppers, a squeeze of orange juice (to taste), a drizzle of olive oil, and seasoning.

5. 5-STAR MEAL Pile up the loaded couscous, top with the golden halloumi, drizzle over the crème fraîche, and garnish with the chopped mint. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	694kJ
Energy	166kcal
Protein	7.1g
Carbs	16g
of which sugars	4.8g
Fibre	3.9g
Fat	7.3g
of which saturated	4.8g
Sodium	116mg

Allergens

Gluten, Wheat, Sulphites, Cow's Milk

Cook
within 3
Days