



UCOOK

Charred Pineapple & Halloumi Salad

with almonds, a sweet dressing & crispy chickpeas

Take your salad game up another notch with this unexpected flavour combination of salty, crispy-fried halloumi slabs & sweet, charred pineapple. The supporting players for this dish are tangy baby tomatoes, nutty chickpeas, almonds, & a sweet-mustard citrus salad dressing - all forming a champion culinary team!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Waterford Estate | Waterford Elgin Sauvignon Blanc 2021

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Ingredients & Prep

120g	Chickpeas <i>drained & rinsed</i>
10ml	NOMU One For All Rub
10g	Almonds
100g	Fresh Pineapple Pieces
80g	Halloumi <i>pat dry & cut into thick slabs</i>
40g	Salad Leaves <i>rinsed</i>
80g	Baby Tomatoes <i>halved</i>
40ml	Salad Dressing <i>(20ml Orange Juice, 5ml Dijon Mustard & 15ml Honey)</i>

From Your Kitchen

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

1. CRISPY CHICKPEAS Place a pan over medium-high heat with a drizzle of oil. When hot, add the drained chickpeas and fry for 8-10 minutes until crispy and caramel in colour, shifting occasionally. If they start to pop out, use a lid to rein them in. In the final minute, add the rub. Season and set aside.

2. NUTS ABOUT NUTS Place the almonds in a pan over medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

3. PINING FOR PINEAPPLE Return the pan to a high heat. When hot, fry the pineapple pieces for 2-3 minutes per side until charred. Remove from the pan and set aside.

4. HELLO HALLOUMI Return the pan to a medium heat with a drizzle of oil. When hot, add the halloumi slabs and fry for 2-3 minutes per side until crispy and golden. Remove from the pan and drain on paper towel.

5. MIX THINGS UP In a bowl, combine the rinsed leaves, the halved baby tomatoes, ½ the toasted almonds, the crispy chickpeas, the salad dressing, and seasoning.

6. SO READY FOR THIS SALAD! Plate up the hearty salad. Top with the charred halloumi and pineapple. Sprinkle over the remaining almonds. Yum!

Nutritional Information

Per 100g

Energy	660kJ
Energy	158kcal
Protein	7.4g
Carbs	14g
of which sugars	7.7g
Fibre	3.8g
Fat	7.3g
of which saturated	4g
Sodium	208mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 2
Days