



U C O O K

— COOKING MADE EASY

Jam-Packed Halloumi Wraps

with avo hummus, tangy salsa & a parsley-yoghurt drizzle

In other words, little pouches of halloumi heaven! Stuffed with creamy avo hummus, crispy chickpeas, and a cool salsa with some heat from fresh chilli – all encased in mini rotis for an extra buttery wrap experience.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Klaudia Weixelbaumer

 **Vegetarian**

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Ingredients & Prep

240g	Chickpeas <i>drained & rinsed</i>
1	Red Onion <i>peeled & finely diced</i>
160g	Baby Tomatoes <i>rinsed & diced</i>
100g	Cucumber <i>diced</i>
8g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
25ml	Pickling Liquid <i>(20ml Red Wine Vinegar & 5ml Honey)</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
85ml	Greek Yoghurt
160g	Halloumi <i>sliced into 1cm thick slabs</i>
8	Cocktail Rotis
85ml	Avocado Hummus

From Your Kitchen

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

1. TOAST THOSE CHICKPEAS! Place a pan over a medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas for 10-12 minutes until crispy and caramel in colour. For the best results, only shift them occasionally. If they start to pop out, use a lid to rein them in. Season and remove from the heat on completion.

2. SALSA & PARSLEY YOGHURT Place the diced onion, tomatoes, and cucumber in a bowl. Add half of the chopped parsley, half of the pickling liquid, a drizzle of oil, and some sliced chilli to taste. Toss together, season, and set aside for serving. Loosen the yoghurt with the remaining pickling liquid to taste and stir in the remaining chopped parsley. Season and set aside for serving.

3. FRY THE HALLOUMI When the chickpeas are nearing completion, place a second pan over 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 on completion and allow to drain on some paper towel. (Try not to eat them all before serving!)

4. HEAT THE ROTIS Wipe down the pan used for the chickpeas and return it to a medium heat. When hot, warm the rotis for 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Once heated, stack on a plate on top of one another and cover with a tea towel to keep warm.

5. AND THAT'S A WRAP! Lay out the warm rotis and cover in large smears of avo hummus. Pile the halloumi and toasted chickpeas in the centre, top with some salsa, and drizzle with the parsley yoghurt. Garnish with the remaining fresh chilli if you're feeling spicy! Fold 'em up and dig in.



Chef's Tip

Draining and rinsing tinned beans, lentils, and chickpeas before use drastically reduces the amount of sodium you're adding to your meal. It also reduces the complex sugar content (which humans can't digest!) and improves the flavour and texture of the food.

Nutritional Information

Per 100g

Energy	670kJ
Energy	987Kcal
Protein	7.1g
Carbs	16g
of which sugars	3.5g
Fibre	3.6g
Fat	41.1g
of which saturated	3.2g
Sodium	236mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

**Cook
within 2
Days**