



# UCCOOK

## Vegetarian Dukkah Butternut & Halloumi

**with a fresh salad & honey-mustard dressing**

Excited to try some Egyptian flavours today, Chef? You will be as your palate unwraps the intricate flavours of dukkah-spiced butternut & radish, oven roasted until golden. Crowned with crispy halloumi and sided with a honey & mustard-coated greens & carrot salad. Sprinkled with toasted sunflower seeds for crunch.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Ntande Stofile

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Fan Faves

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 Painted Wolf Wines | The Den Chenin Blanc 2023

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## Ingredients & Prep

|      |                                                                                                  |
|------|--------------------------------------------------------------------------------------------------|
| 500g | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>              |
| 80g  | Radish<br><i>rinse &amp; slice into quarters</i>                                                 |
| 20ml | Egyptian Dukkah                                                                                  |
| 20g  | Sunflower Seeds                                                                                  |
| 100g | Edamame Beans                                                                                    |
| 160g | Halloumi Cheese<br><i>slice lengthways into 1cm thick slabs</i>                                  |
| 40g  | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                                 |
| 100g | Cucumber<br><i>rinse &amp; cut into half-moons</i>                                               |
| 120g | Carrot<br><i>rinse, trim, peel &amp; cut into thin matchsticks</i>                               |
| 40ml | Honey-mustard Dressing<br><i>(20ml Dijon Mustard, 10ml Honey &amp; 10ml Apple Cider Vinegar)</i> |

## From Your Kitchen

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

**1. DUKKAH VEGGIES** Boil the kettle. Preheat the oven to 200°C. Spread the butternut pieces and the quartered radish on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 5 minutes, add the dukkah.

**2. TOASTED SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. PLUMP BEANS** Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

**4. GOLDEN HALLOUMI** Return the pan to 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.

**5. HONEY-MUSTARD SALAD** To a bowl, add the shredded leaves, the cucumber half-moons, the carrot matchstick, the plumped beans, the honey-mustard dressing, and seasoning.

**6. SET THE TABLE** Plate up the roasted veg, side with the dressed salad, top with the golden halloumi, and scatter over the toasted seeds.



## Chef's Tip

Air fryer method: Coat the butternut half-moons and the quartered radish in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway). In the final 5 minutes, add the dukkah.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 459kJ   |
| Energy             | 110kcal |
| Protein            | 5.2g    |
| Carbs              | 9g      |
| of which sugars    | 3.3g    |
| Fibre              | 2.8g    |
| Fat                | 5.6g    |
| of which saturated | 2.9g    |
| Sodium             | 125mg   |

## Allergens

Peanuts, Sulphites, Tree Nuts, Soy,  
Cow's Milk

Eat  
Within  
3 Days