



# UCOOK

## Waterford's Crispy Halloumi & Noodles

with gochujang & fresh lemon

Wave goodbye to boring meals and say 'hello' to halloumi cooked in a mouthwatering UCOOK sesame-peanut curry paste & a spicy hit of gojuchang, together with carrot rounds & bell pepper. Served on a bed of al dente egg noodles and garnished with toasted sesame seeds.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Waterford Estate

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Veggie

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Waterford Estate | Waterford Old Vine Chenin  
Blanc

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## Ingredients & Prep

1 cake	Egg Noodles
10ml	Black Sesame Seeds
80g	Halloumi Cheese <i>cut into bite-sized pieces</i>
1	Bell Pepper <i>rinse, deseed &amp; cut ½ into strips</i>
120g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces on the diagonal</i>
1	Garlic Clove <i>peel &amp; grate</i>
60ml	Sesame-peanut Curry Paste <i>(30ml Peanut Butter, 5ml Sesame Oil, 20ml Spice &amp; All Things Nice Thai Red Curry Paste &amp; 5ml Low Sodium Soy Sauce)</i>
5ml	Gochujang
1	Lemon <i>rinse, zest &amp; cut into wedges</i>

## From Your Kitchen

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

**1. OODLES OF NOODLES** Bring a pot of water to a boil for the noodles. Cook the noodles until separated and pliable, 7-8 minutes. Drain and rinse in cold water.

**2. TOASTY SEEDS** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CRISPY 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.

**4. CURRY VEGGIES** Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, fry the pepper slices, and the carrot rounds until lightly charred, 3-4 minutes (shifting occasionally). Add the grated garlic, the curry paste mix, and the gochujang (to taste). Fry until fragrant, 1-2 minutes. Add 50ml of water and simmer until thickened, 1-2 minutes. Add the fried halloumi and a splash of water if the sauce is too thick. Remove from the heat and season.

**5. HURRY, AND PLATE THE CURRY!** Bowl up the cooked noodles. Top with the halloumi & veg mix. Sprinkle over the toasted sesame seeds and lemon zest (to taste). Finish off with a squeeze of lemon juice and enjoy, Chef!

## Nutritional Information

Per 100g

Energy	543kJ
Energy	130kcal
Protein	5.5g
Carbs	13g
of which sugars	2.6g
Fibre	2.9g
Fat	6.6g
of which saturated	2.9g
Sodium	227mg

## Allergens

Cow's Milk, Egg, Gluten, Allium,  
Sesame, Peanuts, Wheat, Sulphites,  
Sugar Alcohol (Xylitol), Soy

Eat  
Within  
3 Days