



# UCOOK

## Vegetarian Baby Marrow & Halloumi Salad

with beetroot, bulgur wheat & walnuts

A bed of bulgur wheat is loaded with roasted root veggies, toasted walnuts, and charred baby marrow chunks. Pumped up even further with salty pieces of halloumi cheese and slices of fresh chilli. Dressed with a lemony-caper garlic butter sauce. This dish is the definition of delish, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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 Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon blanc 2023

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## Ingredients & Prep

|      |  |
|------|--|
| 200g | Beetroot<br><i>rinse, trim &amp; cut into bite-sized pieces</i>    |
| 1    | Onion<br><i>peel &amp; cut ½ into wedges</i>                       |
| 75ml | Bulgur Wheat   |
| 15g  | Walnuts<br><i>roughly chop</i>                                     |
| 20g  | Capers<br><i>drain &amp; roughly chop</i>                          |
| 1    | Garlic Clove<br><i>peel &amp; grate</i>                            |
| 1    | Lemon<br><i>rinse, zest &amp; cut ½ into wedges</i>                |
| 200g | Baby Marrow<br><i>rinse, trim &amp; cut into bite-sized pieces</i> |
| 80g  | Halloumi<br><i>slice lengthways into 1cm thick slabs</i>           |
| 1    | Fresh Chilli<br><i>rinse, trim, deseed &amp; finely slice</i>      |

## From Your Kitchen

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

**1. ROOTING FOR YOU** Preheat the oven to 200°C. Boil the kettle. Place the beetroot pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. BULGUR KING** Place the bulgur wheat in a pot with 150ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

**3. TOASTY** Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. LEMON CAPER BUTTER SAUCE** Place a pan over medium heat with 30g of butter. When melted, add the chopped capers and the grated garlic. Fry for 30-60 seconds (shifting constantly). Remove from the heat, add the juice of 1 lemon wedge, and season. Remove from the pan and set aside.

**5. YES BABY!** Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes per side. Remove from the pan and season.

**6. YOU HAD ME AT HALLOUMI** Return the pan, wiped down, 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. Cut into bite-sized chunks.

**7. FINAL ASSEMBLY** In a salad bowl, combine the cooked bulgur, the roasted beetroot & onion, ½ the toasted walnuts, the charred baby marrow, and seasoning.

**8. DRESS IT UP** Make a bed of the loaded salad. Scatter over the halloumi chunks, the sliced chilli (to taste), and the remaining walnuts. Drizzle over the lemony-caper dressing. Serve with a lemon wedge. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot pieces and the onion wedges in oil and season.

Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 447kJ   |
| Energy             | 107kcal |
| Protein            | 5g      |
| Carbs              | 12g     |
| of which sugars    | 1.9g    |
| Fibre              | 3.4g    |
| Fat                | 4.5g    |
| of which saturated | 2.4g    |
| Sodium             | 152mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Cook  
within 3  
Days