



UCOOK

Halloumi Skewers & Olive Tapenade

with stonefruit & fresh oregano

Today is the day we tap into the tasty flavours of tapenade, Chef! Our UCOOK version of this traditional Provençal condiment features olives, capers, tomato, stonefruit, & fresh oregano. Spooned over crispy halloumi skewers and red & white quinoa loaded with onion petals, baby tomatoes, fresh stonefruit, and spiced with NOMU Italian Rub.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Veggie

KWV - The Mentors | KWV The Mentors Petit Verdot 2020

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225ml	Red & White Quinoa Mix <i>rinse</i>
9	Baby Onions
22,5ml	NOMU Italian Rub
60g	Mixed Olives <i>(30g Pitted Kalamata Olives & 30g Pitted Green Olives)</i>
2	Garlic Cloves <i>peel & grate</i>
240g	Baby Tomatoes <i>rinse & cut in half</i>
2	Stonefruit <i>rinse, roughly chop 1½, discarding the pip</i>
8g	Fresh Oregano <i>rinse, pick & roughly chop</i>
30g	Capers <i>drain & roughly chop</i>
240g	Halloumi Cheese <i>cut into large bite-sized cubes</i>
6	Wooden Skewers

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. KEEN ON QUINOA Place the rinsed quinoa in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. BABY TOMATOES & ONION PETALS Peel the baby onions and halve lengthways. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion petals and the NOMU rub until softening and charred, 10-12 minutes (shifting occasionally). Season, remove from the pan and set aside.

3. OLIVE TAPENADE Drain and slice the olives. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 1-2 minutes (shifting constantly). Add ½ the tomato halves and ½ the chopped stonefruit and cook until softened, 3-4 minutes. Mix through ½ the chopped oregano, the sliced olives, a drizzle of olive oil, seasoning, a sweetener (to taste), and the chopped capers until heated and combined, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. LOADED WITH FLAVOUR Once the baby onions are done, add to the cooked quinoa, along with the remaining fresh tomato and chopped stonefruit. Season and toss to combine.

5. GOLDEN HALLOUMI Thread the halloumi blocks into the skewers. Place a pan over medium heat with a drizzle of oil. When hot, fry the halloumi skewers until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

6. A MEMORABLE MEAL Serve up the loaded quinoa and side with the halloumi skewers. Dollop over the olive & stonefruit tapenade and garnish with the remaining oregano.

Nutritional Information

Per 100g

Energy	515kJ
Energy	123kcal
Protein	5.8g
Carbs	17g
of which sugars	5.5g
Fibre	3.5g
Fat	5g
of which saturated	2.8g
Sodium	181mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days