



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.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Waterford Estate

Veggie

Waterford Estate | Waterford Old Vine Chenin
Blanc

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Ingredients & Prep

4 cakes	Egg Noodles
40ml	Black Sesame Seeds
320g	Halloumi Cheese <i>cut into bite-sized pieces</i>
2	Bell Peppers <i>rinse, deseed & cut into strips</i>
480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces on the diagonal</i>
2	Garlic Cloves <i>peel & grate</i>
240ml	Sesame-peanut Curry Paste <i>(120ml Peanut Butter, 20ml Sesame Oil, 80ml Spice & All Things Nice Thai Red Curry Paste & 20ml Low Sodium Soy Sauce)</i>
20ml	Gochujang
2	Lemons <i>rinse, zest & 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, 4-6 minutes (shifting occasionally). Add the grated garlic, the curry paste mix, and the gochujang (to taste). Fry until fragrant, 2-3 minutes. Add 200ml of water and simmer until thickened, 2-3 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