



UCOOK

Crispy Chickpea & Halloumi Wraps

with parsley cottage cheese & a charred corn salsa

We love crispy, we love creamy, so why not bring them together? These mini roti wraps envelop crisp golden halloumi, smears of cottage cheese dotted with fresh parsley, toasted chickpeas, green leaves, and a charred corn, chilli & cucumber salsa. Little pockets of culinary perfection just waiting to be devoured!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Strandveld | Adamastor White Blend

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

Ingredients & Prep

50g	Corn
60g	Chickpeas <i>drained & rinsed</i>
1	Red Onion <i>½ peeled & finely diced</i>
50g	Cucumber <i>diced</i>
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
12,5ml	Pickling Liquid <i>(10ml Red Wine Vinegar & 2,5ml Honey)</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
45ml	Cottage Cheese
20g	Green Leaves <i>rinsed</i>
4	Cocktail Rotis
80g	Halloumi <i>sliced into 1cm thick slabs</i>

From Your Kitchen

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

1. CHAR THE CORN Place a pan over a high heat with a drizzle of oil. When hot, fry the corn until charred, 3-4 minutes (shifting occasionally). Remove from the pan on completion and set aside in a bowl.

2. CRUNCHY CHICKPEAS Return the pan to a medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). Remove from the pan and season.

3. FILLINGS FOR YOU Place the diced onion and cucumber in the bowl of charred corn. Add ½ the chopped parsley, ¾ of the pickling liquid, the sliced chilli (to taste), a drizzle of oil, and seasoning. Set aside to pickle. In a separate bowl, combine the cottage cheese with the remaining pickling liquid (to taste), the remaining parsley, and seasoning. If it's too thick for your liking, loosen with milk or water in 5ml increments. Set aside. Toss the rinsed green leaves with a drizzle of oil and seasoning.

4. HEATING UP When the chickpeas are nearing completion, place a second pan over a medium-high heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

5. FRY THE HALLOUMI Return the pan to a medium heat with a drizzle of oil. When hot, fry the halloumi slabs until crispy and golden, 1-2 minutes per side. Remove on completion and allow to drain on some paper towel. Try not to eat it all before serving!

6. AND THAT'S A WRAP! Lay out the rotis and smear generously with the parsley cottage cheese. Pile the leaves, toasted chickpeas, and halloumi slabs in the centre and top with the corn salsa. Garnish with any remaining fresh chilli if you're feeling spicy! Fold 'em up and dig in.

Nutritional Information

Per 100g

Energy	700kJ
Energy	167kcal
Protein	8.1g
Carbs	17g
of which sugars	4.2g
Fibre	3.2g
Fat	6.8g
of which saturated	4g
Sodium	268mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 2
Days