



UCOOK

Heavenly Halloumi Pockets

with tzatziki, caramelised onions & aubergine

These halloumi pockets are what dreams are made of! Moroccan-spiced halloumi stacked inside toasted flatbread, adorned with roasted aubergine, caramelised onions, a Greek salad medley and lashings of tzatziki - such perfection!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 Vegetarian

 Anthonij Rupert | L'Ormarins Brut Classique Rosé NV

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
10ml	NOMU Moroccan Rub
1	Onion <i>½ peeled & finely sliced</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
4g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
100g	Baby Tomatoes <i>quartered</i>
25g	Pitted Kalamata Olives <i>drained & halved</i>
1	Lemon <i>½ cut into wedges</i>
20ml	Tzatziki
1	Flatbread
80g	Halloumi <i>sliced lengthways into 1cm thick slabs</i>

From Your Kitchen

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

1. ROAST AUBERGINE Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, ½ the Moroccan rub (to taste) and season. Roast in the hot oven for 30-35 minutes until softened, shifting halfway.

2. CARAMELISATION STATION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelize it further. Remove from the pan on completion and cover to keep warm.

3. TOSS & LOOSEN In a bowl, combine the shredded lettuce, ½ the chopped dill, the quartered tomatoes and the halved olives with a drizzle of olive oil and the juice of 1 lemon wedge. Toss to combine and season to taste. In a small bowl, add the tzatziki and loosen with water in 5ml increments until drizzling consistency. Season to taste.

4. FLATBREAD TIME Wipe down the pan and return it to a medium-high heat. When hot, dry toast the flatbread on each side for 1-2 minutes until slightly golden and toasted. When done, cut the flatbread in half with a knife on each half and open a pocket like a pita bread.

5. GOLDEN HALLOUMI When the aubergines have 5 minutes remaining, drizzle the halloumi slices with oil and sprinkle over the remaining Moroccan rub. Return the pan to a medium heat with a drizzle of oil. When hot, fry the halloumi for 1-2 minutes per side until crispy and golden. Leave to drain on some paper towel (and try not to eat it all before serving!).

6. STUNNING! Plate up your toasted flatbread and fill with the roasted aubergine, caramelised onions, spiced halloumi and a few spoonfuls of the Greek salad. Drizzle over the tzatziki and serve the remaining salad on the side. Garnish with the remaining dill and a lemon wedge. Yummy!



Chef's Tip

If you would like your halloumi foldover more like a flatbread, pile your toppings on top of the flatbread!

Nutritional Information

Per 100g

Energy	468kJ
Energy	112Kcal
Protein	5g
Carbs	12g
of which sugars	2.7g
Fibre	3.1g
Fat	4.3g
of which saturated	2.6g
Sodium	271mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 1
Day