

U C O O K

— COOKING MADE EASY

Silky Palak Halloumi

with black quinoa, spinach, fresh chilli & toasted cashews

Our fusion take on a curry favourite, palak paneer, features chunks of crispy halloumi, strewn over a smooth curry of yoghurt, spices, and spinach or 'palak'. It's rich in flavour, not too spicy, and elegantly accompanied by nutty black quinoa.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Vegetarian**

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Ingredients & Prep

75ml	Black Quinoa
5ml	Vegetable Stock
150g	Spinach <i>rinsed & shredded</i>
15g	Cashew Nuts
1	Onion <i>one half peeled & finely diced</i>
10ml	NOMU Garam Masala Spice Blend
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
80g	Halloumi <i>cut into 1cm thick slabs</i>
100ml	Plain Yoghurt

From Your Kitchen

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

1. QUINOA A-GO-GO! Rinse the quinoa, place in a pot with the stock, and submerge in 300ml of water. Give it a stir, place over a medium-high heat, and bring to a simmer uncovered. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

2. TOAST THOSE CASHEWS Place a pan (that has a lid) over a medium heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. GOING GREEN Return the pan to a medium heat with a splash of water to cover the base. Once simmering, add in the shredded spinach and pop on the lid. Allow to wilt for 1-2 minutes, shifting occasionally. Drain on completion and place in a clean tea towel or muslin cloth. Gently squeeze to remove excess water and set aside in a bowl.

4. MAKE THE PALAK SAUCE Return the pan to a medium heat with a drizzle of oil. When hot, fry the diced onion for 1-2 minutes until soft and translucent, shifting occasionally. Add the sliced chilli to taste, the garam masala, and the grated garlic. Fry for a further 30-60 seconds until fragrant. Remove from the heat and stir through the yoghurt and spinach. Transfer to a blender or food processor and blend until smooth. If the sauce is too thick, gradually add water or milk in 5ml increments to loosen it. Return the sauce to the pan and keep warm over a low heat until serving.

5. CRISPY HALLOUMI Place a second pan over a medium heat with a drizzle of oil or knob of butter. When hot, fry the slabs of halloumi for 1-2 minutes per side until crispy and golden. Set aside to drain on some paper towel – and try not to eat it all before serving! When cool enough to handle, cut into bite-size chunks.

6. GRUB'S UP! Dish up a pile of black quinoa, smother with the gorgeous palak curry, and scatter over the grilled halloumi. Garnish with the chopped, toasted cashews and any remaining sliced chilli to taste. It's as simple as that, Chef!



Chef's Tip

Be careful when squeezing out the excess water from the spinach – it will be hot!

Nutritional Information

Per 100g

Energy	704kj
Energy	168Kcal
Protein	8.9g
Carbs	14g
of which sugars	1.8g
Fibre	3.7g
Fat	8g
of which saturated	4.3g
Sodium	496mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days