



UCOOK

Halloumi & Basil Pesto Rice

**with charred onion, mushrooms & bell
peppers**

Cheese, cheese, glorious cheese! Say goodbye to those same-old vegetarian meals and hallo-umi to a flavour-packed dish featuring a medley of pan-fried mushrooms, onion & bell peppers with Pesto Princess Basil Pesto-infused rice and crispy halloumi slabs. Garnished with peppery fresh basil.

Hands-on Time: 50 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Suné van Zyl

Veggie

Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

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Ingredients & Prep

| | |
|-------|---|
| 250g | Button Mushrooms <i>wipe clean & roughly slice</i> |
| 2 | Onions <i>peel & roughly slice</i> |
| 2 | Bell Peppers <i>rinse, deseed & roughly slice</i> |
| 300ml | White Basmati Rice <i>rinse</i> |
| 125ml | Pesto Princess Basil Pesto |
| 320g | Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i> |
| 10g | Fresh Basil <i>rinse & roughly tear</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. MMMUSHROOMS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 6-7 minutes (shifting occasionally). Remove from the pan and season. Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the sliced onion and the sliced bell pepper until golden, 6-7 minutes (shifting occasionally). Remove from the pan and mix with the fried mushrooms. Alternatively, air fry the mushroom slices, the onion and bell pepper slices at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PESTO RICE Place the rinsed rice in a pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, add the pesto and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. GOLDEN HALLOUMI Place a pan over 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, drain on paper towel and cut into bite-sized pieces.

4. EVERY BITE A TRIUMPH Plate up the pesto rice, top with the charred veg & halloumi slabs, and garnish with the torn basil.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 529kj |
| Energy | 126kcal |
| Protein | 5.1g |
| Carbs | 13g |
| of which sugars | 2.2g |
| Fibre | 2.2g |
| Fat | 6.1g |
| of which saturated | 3.2g |
| Sodium | 114mg |

Allergens

Cow's Milk, Egg, Allium, Sulphites, Tree Nuts

Eat
Within
3 Days