



# UCOOK

## Green Goddess Halloumi Salad

with tart green apple, crunchy walnuts & creamy guacamole

Sweet dreams are made of greens! Crumbed halloumi tossed with peas, salad leaves, chickpeas and coated in our famous Green Goddess dressing: yoghurt, guacamole, and raspberry vinegar. Walnuts and fresh apples finish off this fresh dish with a divine crunch!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Veggie

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 Leopard's Leap | Culinary Brut MCC

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## Ingredients & Prep

360g	Chickpeas <i>drained &amp; rinsed</i>
30g	Walnuts
240g	Guacamole
75ml	Low Fat Plain Yoghurt
15ml	Raspberry Vinegar
125ml	Panko Breadcrumbs
15ml	NOMU Roast Rub
240g	Halloumi <i>pat dry &amp; sliced into 1cm thick slices</i>
150g	Peas
2	Apples <i>rinsed</i>
120g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
12g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. HOT CHICK** Preheat the oven to 200°C. Place the drained chickpeas on a roasting tray. Coat in oil and seasoning. Spread out in a single layer and roast in the hot oven for 15-20 minutes until crispy, shifting at the halfway mark.

**2. WAL STREET** Place the walnuts in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

**3. GET DRESSED!** In a bowl, combine the guacamole and the yoghurt. Gradually loosen with milk or water in 30ml increments until drizzling consistency. Pour in the raspberry vinegar (to taste), seasoning, and mix until combined.

**4. HALLOUMI IT UP!** In a shallow dish, combine the breadcrumbs and the rub (seasoned lightly). Prepare another shallow dish with 1 egg whisked with 2 tbsp of water. Dip each halloumi slice into the egg, and then lightly coat in the breadcrumbs. Return the pan to a medium-high heat with enough oil to coat the base. When hot, fry the crumbed halloumi for 1 minute each side, until golden brown. Remove from the pan and drain on paper towel. You may need to do this step in batches.

**5. LET'S ASSEMBLE!** Boil the kettle. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a salad bowl. Cut the rinsed apples, setting one half aside, into cubes and place in the salad bowl with the peas. Add the salad leaves, ½ the crispy chickpeas and ½ the green goddess dressing. Toss until fully coated.

**6. FEAST LIKE A GODDESS** Bowl up a portion of crunchy salad. Top with the crispy halloumi and drizzle over the remaining green goddess dressing. Garnish with the remaining chickpeas, chopped parsley, and chopped walnuts. Gorgeous!

## Nutritional Information

Per 100g

Energy	701kJ
Energy	168kcal
Protein	7.1g
Carbs	13g
of which sugars	3.8g
Fibre	4.2g
Fat	9.1g
of which saturated	4g
Sodium	146mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days