



# UCOOK

## Golden Halloumi & Pesto Bake

**with yellow bell pepper, baby marrow & basmati rice**

Juicy tomato, sweet yellow bell peppers, bright green baby marrow, and golden halloumi all dance together in this warm and flavourful veggie dish! Served with pesto-doused brown basmati rice for extra flair, you will never believe how gloriously tasty rice and veggies can be!

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**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Jeannette Joynt

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 Veggie

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 Boschendal | Grande Cuvée Vintage Brut

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## Ingredients & Prep

|      |  |
|------|--|
| 75ml | Brown Basmati Rice   |
| 1    | Yellow Bell Pepper<br><i>½ rinsed, deseeded &amp; cut into bite-sized pieces</i> |
| 100g | Baby Marrow<br><i>rinsed, trimmed &amp; cut into bite-sized chunks</i>           |
| 60g  | Chickpeas<br><i>drained &amp; rinsed</i>   |
| 1    | Tomato<br><i>sliced into wedges</i>  |
| 10ml | NOMU Provençal Rub   |
| 160g | Halloumi<br><i>sliced lengthways into 1cm thick slabs</i>                        |
| 25ml | Pesto Princess Rocket Pesto  |
| 4g   | Fresh Basil<br><i>rinsed, picked &amp; roughly torn</i>                          |

## From Your Kitchen

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

**1. RICE, RICE BABY** Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

**2. ROAST WITH THE MOST** Boil the kettle. Spread out the pepper pieces, the baby marrow chunks, the rinsed chickpeas, and the tomato wedges on a roasting tray. Coat in oil, the rub, and seasoning. Pour in 40ml of boiling water and bake in the hot oven for 15-20 minutes, until the veggies have browned.

**3. THE ANGEL'S HALLO-UMI** When the roast has 5-10 minutes remaining, place a pan over a medium heat with a drizzle of oil. When hot, add the halloumi slabs and fry for 1-2 minutes per side until crispy and golden. On completion, drain on some paper towel. Loosen the pesto with oil in 5ml increments until a drizzling consistency.

**4. THE GREAT HALLOUMI BAKE OFF!** Plate up the fluffy rice. Pile on the roasted veg and chickpeas. Drizzle over any tray juices. Top with the golden halloumi and spoon over the loosened pesto. Sprinkle with the torn basil and dig in, Chef!



## Chef's Tip

Grains like rice, quinoa, and barley should be rinsed thoroughly with cold water before cooking to remove excess starch. All in all, rinsing improves taste, texture, and cleanliness!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 678kj   |
| Energy             | 162Kcal |
| Protein            | 8g      |
| Carbs              | 11g     |
| of which sugars    | 1.9g    |
| Fibre              | 3.6g    |
| Fat                | 9.2g    |
| of which saturated | 5.2g    |
| Sodium             | 226mg   |

## Allergens

Egg, Dairy, Allium, Tree Nuts

Cook  
within 3  
Days