



UCOOK

Dreamy Halloumi & Artichokes

with lemon juice, olives & a honey-lemon dressing

A Mediterranean fantasy! Crispy halloumi, indulgent artichoke hearts, charred baby marrow, salad leaves, and cannellini beans. Warming & fresh — who could refuse this stunner?

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Creation Wines | Creation Sauvignon Blanc/Semillon

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Ingredients & Prep

12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
30ml	Honey
30ml	Lemon Juice
180g	Artichoke Hearts <i>drained & halved</i>
30g	Pumpkin Seeds
300g	Baby Marrow <i>rinsed & cut into bite-sized chunks</i>
180g	Cannellini Beans <i>drained & rinsed</i>
45g	Pitted Kalamata Olives <i>drained & halved</i>
22,5ml	NOMU Italian Rub
240g	Halloumi <i>cut into 1cm thick slices</i>
60g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. DRESSING & MARINADE Place the chopped parsley in a bowl with the honey and a drizzle of oil. Whisk together with some lemon juice to taste. We recommend lots of lemon juice for this dressing! Toss the halved artichokes through the dressing and season to taste. Set aside for serving.

2. INTO THE PAN Place the pumpkin seeds in a pan over a medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHARRED BABY MARROW Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the baby marrow chunks until beginning to char, 5-6 minutes (shifting occasionally). Remove from the pan and place in a large salad bowl.

4. O, I LIVE FOR OLIVES Return the pan to a medium heat with a drizzle of oil. When hot, fry the drained cannellini beans and the halved olives until heated through, 3-4 minutes (shifting occasionally). Remove from the pan and add to the salad bowl with the baby marrow. Toss through the NOMU rub. Cover and set aside.

5. SHOW ME THE HALLOUMI! Wipe down the pan and return to a medium heat with a drizzle of oil. When hot, fry the halloumi slices until crispy and golden, about 1 minute per side. Remove from the pan and drain on paper towel. Cut into bite-sized chunks.

6. TASTEBUD PARTY TIME! Make a bed of the rinsed shredded salad leaves, load with the warm veggie salad, and top with the golden halloumi. Scatter over the dressed artichokes and drizzle with any remaining dressing. Finish with a crack of black pepper and a sprinkle of toasted pumpkin seeds. Voilà!

Nutritional Information

Per 100g

Energy	594kJ
Energy	142kcal
Protein	7.3g
Carbs	9g
of which sugars	4.4g
Fibre	3.6g
Fat	7.8g
of which saturated	5g
Sodium	344mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days