



# 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.

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**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Suné van Zyl

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Veggie

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Deetlefs Wine Estate | Deetlefs Stonecross  
Cabernet Sauvignon

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## Ingredients & Prep

65g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	Onion <i>peel &amp; roughly slice ½</i>
1	Bell Pepper <i>rinse, deseed &amp; roughly slice ½</i>
75ml	White Basmati Rice <i>rinse</i>
30ml	Pesto Princess Basil Pesto
80g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
3g	Fresh Basil <i>rinse &amp; 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, 5-6 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, 4-5 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 200ml 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