



UCCOOK

Heavenly Halloumi Tabouli

**with a honey-harissa dressing & crispy
cannellini beans**

A Levantine quinoa salad with a crispy cannellini twirl! Baby spinach, tomatoes, and cucumber crank up the volume to get this halloumi boogie going. Add a sweet and spicy harissa dressing, and you'll be drooling at the stove!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Tess Witney

 Vegetarian

 Warwick Wine Estate | Professor Black
Sauvignon Blanc

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Ingredients & Prep

75ml	White Quinoa
5ml	Vegetable Stock
120g	Cannellini Beans <i>drained & rinsed</i>
45ml	Sweet Harissa Dressing <i>(30ml Pesto Princess Harissa Paste & 15ml Honey)</i>
15ml	White Wine Vinegar
1	Plum Tomato <i>rinsed & diced</i>
50g	Cucumber <i>thinly sliced into half-moons</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
80g	Halloumi <i>sliced lengthways into 1cm thick slabs</i>
5ml	NOMU African Rub
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. COOK THE QUINOA Rinse the quinoa and place in a pot with the stock. Submerge in 200ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for at least 5 minutes.

2. CRISPY CANNELLINIS Place a pan over a medium-high heat with a drizzle of oil. When hot, toast the drained cannellini beans for 8-10 minutes until crispy and caramel in colour. For the best results, only shift occasionally. Season on completion and transfer to a bowl. Cover to keep warm and set aside for serving.

3. WHILE THE BEANS ARE FRYING... Mix the dressing and toss the salad! In a salad bowl, whisk together the sweet harissa dressing, 1 tsp of olive oil, and a splash of water. Whisk in the white wine vinegar to taste and set aside. Remove $\frac{1}{2}$ of the dressing from the bowl and set aside. Add the diced tomatoes and cucumber half-moons in the salad bowl. Toss together with $\frac{3}{4}$ of the chopped parsley, a pinch of salt, and a drizzle of olive oil.

4. IT'S ALL COMING TOGETHER! Once the quinoa is cooked, add it to the salad bowl and toss until coated and evenly distributed, and set aside for serving.

5. SPICED UP HALLOUMI Coat the halloumi slabs with a drizzle of oil and the African Rub to taste. Return the pan to a medium heat with a drizzle of oil. When hot, fry the halloumi for 1-2 minutes per side until crispy and golden. Remove from the pan on completion and allow to drain on some paper towel. Try not to eat it all before serving! When cool enough to handle, cut into bite-sized chunks. Toss the rinsed green leaves with a drizzle of oil and some seasoning.

6. TABOULI TIME Make a bed of green leaves and load up with the delish tabouli. Scatter over the cannellini beans and top with the fragrant halloumi. Drizzle over the reserved harissa dressing to taste and garnish with the remaining chopped parsley. Look at that, Chef!



Chef's Tip

To make the harissa salad dressing, place all the ingredients in a clean jar, close the lid tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	659kj
Energy	158Kcal
Protein	6.8g
Carbs	17g
of which sugars	5.2g
Fibre	3.6g
Fat	6.6g
of which saturated	3.4g
Sodium	349mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days