



UCCOOK

Honey-mustard Halloumi & Rice

with almonds & fresh parsley

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	686kJ	3903kJ
Energy	164kcal	933kcal
Protein	5.5g	31.5g
Carbs	16g	91g
of which sugars	3.4g	19.3g
Fibre	2.9g	16.5g
Fat	8.1g	46.3g
of which saturated	3.4g	19.4g
Sodium	206mg	1173mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

225ml	300ml	Jasmine Rice <i>rinse</i>
2	2	Onions <i>rinse & roughly slice</i>
240g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
15ml	20ml	NOMU Italian Rub
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
240g	320g	Halloumi Cheese <i>cut into 1cm thick slabs</i>
120ml	160ml	Honey Mustard Dressing
30ml	40ml	Lemon Juice
60g	80g	Almonds <i>roughly chop</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. LET'S GO! Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. FRY THE VEG Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and the carrot until golden, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, mix in the NOMU rub. Remove from the pan.

3. BABY TOMATOES Return the pan to medium heat with a drizzle of oil if necessary. Fry the tomatoes until lightly charred, 5-6 minutes (shifting occasionally). Remove from the pan and add to the onion mixture and season.

4. HALLO HALLOUMI Return the pan, wiped down, to 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 and drain on paper towel. Combine the honey mustard and lemon juice (to taste). Just before serving, combine the rice with the onion and tomato mixture.

5. JUST LOOK AT THAT! Make a bed of the loaded rice and top with the halloumi. Drizzle over the creamy mustard sauce and sprinkle over the almonds. Garnish with the parsley. Well done, Chef!

Chef's Tip Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.