



UCOOK

Honey & Halloumi Flatbread

with pickled onions

Honey-covered cubes of golden halloumi are layered on toasted naan, fresh greens & homemade pickled onion. Dollop over the cumin-infused yoghurt, fresh coriander & toasted flaked almonds, and you have ticked making a delicious dinner off your 'to do' list, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Jenna Peoples

Veggie

Groote Post Winery | Groote Post Old Man's
Blend White Blend

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Ingredients & Prep

30g	Almonds
60ml	Apple Cider Vinegar
1	Onion <i>peel & finely slice ¾</i>
90ml	Low Fat Plain Yoghurt
7,5ml	Ground Cumin
30ml	Lemon Juice
3	Flatbreads
240g	Halloumi Cheese <i>cut into bite-sized cubes</i>
60g	Salad Leaves <i>rinse & roughly shred</i>
90ml	Honey
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. ALL THE ALMONDS 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.

2. QUICK PICKLE In a bowl, combine the vinegar, 15ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain right before serving.

3. YUMMY YOGHURT In a small bowl, add the yoghurt. Mix through the ground cumin (to taste), the lemon juice (to taste) and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

4. TOAST Return the pan to medium heat. When hot, toast the naan until golden, 1-2 minutes per side. Remove from the pan and set aside.

5. HALLO HALLOUMI Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes per side (shifting occasionally). Remove from the pan and drain on paper towel.

6. NAAN CAN COMPARE Assemble the flatbread by placing down the shredded leaves. Top with the drained pickled onions and scatter over the halloumi, drizzled with the honey. Dollop with the cumin yoghurt, scatter over the toasted almonds and garnish with the chopped coriander.

Nutritional Information

Per 100g

Energy	790kJ
Energy	189kcal
Protein	7g
Carbs	22g
of which sugars	9.4g
Fibre	2.4g
Fat	7.7g
of which saturated	4.3g
Sodium	239mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days