



UCOOK

Golden Halloumi & Pesto Bake

with yellow bell pepper, baby marrow & basmati rice

Juicy tomato, sweet yellow bell peppers, bright green baby marrow, and golden halloumi all dance together in this warm and flavourful veggie dish! Served with pesto-doused brown basmati rice for extra flair, you will never believe how gloriously tasty rice and veggies can be!

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Jeannette Joynt

 Veggie

 Boschendal | Grande Cuvée Vintage Brut

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300ml	Brown Basmati Rice
2	Yellow Bell Peppers <i>rinsed, deseeded & cut into bite-sized pieces</i>
400g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
240g	Chickpeas <i>drained & rinsed</i>
4	Tomatoes <i>sliced into wedges</i>
40ml	NOMU Provençal Rub
640g	Halloumi <i>sliced lengthways into 1cm thick slabs</i>
100ml	Pesto Princess Rocket Pesto
15g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

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

1. RICE, RICE BABY Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 800ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. ROAST WITH THE MOST Boil the kettle. Spread out the pepper pieces, the baby marrow chunks, the rinsed chickpeas, and the tomato wedges on a roasting tray. Coat in oil, the rub, and seasoning. Pour in 160ml of boiling water and bake in the hot oven for 20-25 minutes, until the veggies have browned.

3. THE ANGEL'S HALLO-UMI When the roast has 5-10 minutes remaining, place a pan over a medium heat with a drizzle of oil. When hot, add the halloumi slabs and fry for 1-2 minutes per side until crispy and golden. You may need to do this step in batches. On completion, drain on some paper towel. Loosen the pesto with oil in 5ml increments until a drizzling consistency.

4. THE GREAT HALLOUMI BAKE OFF! Plate up the fluffy rice. Pile on the roasted veg and chickpeas. Drizzle over any tray juices. Top with the golden halloumi and spoon over the loosened pesto. Sprinkle with the torn basil and dig in, Chef!



Chef's Tip

Grains like rice, quinoa, and barley should be rinsed thoroughly with cold water before cooking to remove excess starch. All in all, rinsing improves taste, texture, and cleanliness!

Nutritional Information

Per 100g

Energy	678kj
Energy	162Kcal
Protein	8g
Carbs	11g
of which sugars	1.9g
Fibre	3.6g
Fat	9.2g
of which saturated	5.2g
Sodium	226mg

Allergens

Egg, Dairy, Allium, Tree Nuts

Cook
within 3
Days