



WCOOK

Mediterranean Tomato & Grilled Halloumi

with roasted pumpkin

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Waterkloof | Revenant Wild Ferment
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	359kj	3468kj
Energy	86kcal	829kcal
Protein	4.3g	42g
Carbs	7g	71g
of which sugars	2.7g	26.4g
Fibre	2.7g	26.5g
Fat	4.3g	41.4g
of which saturated	2.9g	27.8g
Sodium	188mg	1821mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Cooked Chopped Tomato
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into bite-sized pieces</i>
60g	120g	Cannellini Beans <i>drain & rinse</i>
10ml	20ml	NOMU Italian Rub
120g	240g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
20g	40g	Pitted Kalamata Olives <i>drain & half</i>
30g	60g	Artichoke Quarters <i>drain & half</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Oil (cooking, olive or coconut)

1. GOLDEN PUMPKIN Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. RICH TOMATO STEW Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes. Add the cooked chopped tomatoes, and 100ml [200ml] of water. Simmer until reduced, 10-12 minutes. In the final 2-3 minutes, add the peppers, the beans, and the NOMU rub. Remove from the heat, add a sweetener, and season. Mix through the pumpkin.

3. HALLO 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 and drain on paper towel.

4. MEDITERRANEAN SALAD To a bowl, add the olives, the artichokes, the leaves, a drizzle of olive oil, and seasoning.

5. SERVE & SAVOUR Plate up the tomato butternut and top with the halloumi. Side with the salad.