

UCOOK

Classy Halloumi Hot Dog at Matloha's

with loaded homemade chakalaka, crème fraîche & a Schoon roll

Here, a beautifully soft roll is the vehicle for rich and flavourful kidney bean chakalaka, topped with crispy halloumi slices and drips of crème fraîche. It's our enhanced version of a nostalgic dinnertime treat, with a South African twist — and so easy to make!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Liziwe Matloha



Vegetarian



Lanzerac Estate | Keldermeester Versameling Prof

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Ingredients & Prep

2

75g

30ml

Spring Onion finely sliced, keeping the white & green parts separate

5ml Curry Powder

Fresh Chilli

deseeded & finely chopped Julienne Carrot

50g Corn drained

60g Kidney Beans drained & rinsed

Mango Atchar 7,5ml Tomato Paste

Salad Leaves 20g

rinsed & roughly shredded

Crème Fraîche 30_ml 80g Halloumi

sliced lengthways into 1cm thick slabs

Schoon Hot Dog Roll 1 halved

From Your Kitchen

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

Butter (optional) Paper Towel

1. GET MOVING, IT'S TIME FOR CHAKALAKA! Place a pan over a medium heat with a drizzle of oil. When hot, fry the white spring onion slices for 1-2 minutes until soft. Add in the curry powder and chopped

chilli to taste. Fry for 30-60 seconds until fragrant, shifting continuously. Mix in the julienne carrot and fry for 1-2 minutes, shifting to prevent sticking. Stir through the drained corn, drained kidney beans, mango atchar, and tomato paste until evenly distributed. Bring to a simmer and cook for 10-12 minutes until thick and combined, stirring occasionally.

2. FIX UP TOSE FILLINGS Place the shredded salad leaves in a bowl with a drizzle of olive oil and some seasoning. Toss to combine and set aside for serving. Loosen the crème fraîche with water in 5ml increments until drizzling consistency and set aside for serving.

Season to taste, remove from the pan, and set aside to cool.

3. GOLDEN HALLOUMI Place a clean pan over a medium heat with a drizzle of oil. When hot, fry the halloumi for 1-2 minutes per side until crispy and golden. Remove on completion and allow to drain on some paper towel - and try not to eat it all before serving!

4. ASSEMBLE THIS BEAUT OF A HOT DOG Butter the halves of the roll (optional). Place 3/4 of the dressed leaves on the bottom half and cover in spoonfuls of chakalaka. Top with the crispy halloumi and generously

drizzle over the crème fraîche. Toss the remaining leaves with any left over chakalaka and serve on the side. Garnish with the green spring onion

slices and close up with the other half of the roll. Go on, take a bite!



Kidney beans are a great source of fibre and plant-based protein. They're also high in B vitamins, manganese, and iron. Use them to bulk up salads, salsas, or stews for extra nutritional value.

Nutritional Information

Per 100a

Energy	778kJ
Energy	186Kcal
Protein	7.6g
Carbs	17g
of which sugars	3g
Fibre	3.4g
Fat	9.9g
of which saturated	5.5g
Sodium	271mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

> Cook within 1 Day