

# U C O O K

— COOKING MADE EASY

## Silky Palak Halloumi

**with black quinoa, spinach, fresh chilli & toasted cashews**

This fusion take on a curry favourite, palak paneer, features chunks of crispy halloumi strewn over a smooth curry of yoghurt, spices, and spinach or 'palak'. It's rich in flavour, not too spicy, and elegantly accompanied by nutty black quinoa.

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**Hands-On Time:** 30 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Lauren Todd

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**Vegetarian**

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## Ingredients & Prep

300ml	Black Quinoa
20ml	Vegetable Stock
60g	Cashew Nuts
600g	Spinach <i>rinsed &amp; roughly shredded</i>
2	Onion <i>peeled &amp; finely diced</i>
3	Fresh Chilli <i>deseeded &amp; finely sliced</i>
40ml	NOMU Garam Masala Spice Blend
4	Garlic Clove <i>peeled &amp; grated</i>
400ml	Plain Yoghurt
320g	Halloumi <i>cut into 1cm thick slabs</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Butter (optional)  
Blender  
Paper Towel  
Tea Towel

**1. GET SET, GO!** Rinse the quinoa and place in a pot. Submerge in 1,5L of water and stir through the stock. Pop on a lid, place over a medium-high heat, and bring to a simmer. Cook for 30-35 minutes until the quinoa is tender and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

**2. TOAST THOSE CASHEWS** Place a large pan that has a lid over a medium heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**3. GOING GREEN** When the quinoa reaches the halfway mark, return the pan to a medium heat with a splash of water to cover the base. Once simmering, add in the shredded spinach, pop on the lid, and allow to wilt for 3-4 minutes. Drain on completion and place in a clean tea towel or muslin cloth. Squeeze to remove excess water and set aside in a bowl.

**4. MAKE THE PALAK SAUCE** Return the pan to a medium heat with a drizzle of oil. When hot, fry the diced onion for 6-8 minutes until soft and translucent. Add the sliced chilli to taste, the garam masala, and the grated garlic. Fry for a further 30-60 seconds until fragrant. Remove from the heat and stir in the yoghurt and spinach. Transfer to a blender or food processor and blend until smooth. If too thick, gradually loosen with milk or water in 5ml increments. You may need to blend it in batches. Return the sauce to the pan and keep warm over a low heat until serving.

**5. CRISPY HALLOUMI** Place a second pan over a medium heat with a drizzle of oil or knob of butter. When hot, fry the slabs of halloumi for 1-2 minutes per side until crispy and golden. You may need to do this step in batches. Set aside to drain on paper towel – and try not to eat it all before serving! When cool enough to handle, cut into bite-size chunks.

**6. GRUB'S UP!** Dish up a pile of black quinoa, smother in the gorgeous palak curry, and scatter over the chunks of halloumi. Garnish with the chopped, toasted cashews and any remaining fresh chilli to taste. It's as simple as that!



## Chef's Tip

Black quinoa is a little different to the classic white quinoa, so don't let this alarm you! It retains its shape better than white quinoa, so its texture is al dente and grainy, rather than fluffy. It also has a slightly sweeter, more earthy flavour.

## Nutritional Information

Per 100g

Energy	704kJ
Energy	168Kcal
Protein	8.9g
Carbs	14g
of which sugars	1.8g
Fibre	3.7g
Fat	8g
of which saturated	4.3g
Sodium	496mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days