

UCOOK

Cheeky Chargrilled Halloumi

with black quinoa, baby marrow, sun-dried tomatoes & hemp hearts

Full of spinach, grilled baby marrow, sun-dried tomatoes, mint, and pesto, this energising salad will have you glowing with content! With the indulgence of halloumi, the warmth of spiced beans, and the nutty bliss of hemp hearts.

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Lauren Todd

Vegetarian

No paired wines

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Ingredients & Prep

200ml Black Quinoa10ml Vegetable Stock

10ml Hemp Hearts

240g

160g

50g

5g

Butter

60ml Pesto Princess Basil Pesto

Lemon

Cannellini Beans

zested & cut into wedges

drained & rinsed

10ml NOMU African Rub

300g Baby Marrow rinsed, trimmed & sliced into thin strips

Halloumi
sliced into 1cm thick slabs
Sun-dried Tomatoes

roughly chopped, reserving the oil

Fresh Mint rinsed, picked & roughly chopped

40g Green Leaves rinsed

From Your Kitchen

Oil (cooking, olive or coconut) Salt & Pepper Water Paper Towel 1. SULTRY BLACK QUINOA Rinse the quinoa and place in a pot with the stock. Submerge in 600ml of water and stir through. Place over a medium-high heat and bring to a simmer uncovered. Cook for 20.25 minutes will be a minute in fluff, and the trill have granted and

20-25 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during cooking. Remove from the heat on completion, drain if necessary, and return to the pot.

2. GET YOUR GARNISHES READY Place a nonstick pan over a medium heat. When hot, toast the hemp hearts for 1-2 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. In a bowl, combine the pesto with 2 tsp of olive oil. Loosen with lemon juice to taste and set aside for serving.

with a drizzle of oil. When hot, toast the drained cannellini beans for 8-10 minutes until crispy and golden. For the best results, only shift them occasionally. At the halfway mark, stir through a knob of butter and ½ of the African Rub. Transfer to a bowl on completion, cover with a plate, and set aside to keep warm.

4. WHILE THE BEANS ARE FRYING... Place a second pan over a high

3. CRISPY GOLDEN NUGGETS Return the pan to a medium-high heat

heat — you can use a grill pan if you have one. Coat the baby marrow strips in the remaining African Rub and a little oil. When the pan is hot, grill the strips for 3-5 minutes per side until charred. Remove from the pan on completion and set aside for serving. While the baby marrow is frying, return the nonstick pan to a medium heat with another drizzle of oil. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy. Remove from the pan on completion and set aside to drain on some paper towel.

5. LOAD UP THE QUINOA When the quinoa is cooked, toss together

with the crispy beans, the chopped sun-dried tomatoes and reserved oil, and ¾ of the chopped mint. Add a generous squeeze of lemon juice and some zest to taste. Toss to combine and season to taste. Cut the halloumi into bite-sized chunks.

6. A VEGGIE PROTEIN BOOST! Make a bed of rinsed green leaves and cover with the loaded quinoa. Lay over the chargrilled baby marrow and top with the golden chunks of halloumi. Finish with the toasted hemp hearts, the remaining mint, and the pesto dressing. Get stuck in, Chef!

Nutritional Information

Per 100g

Energy	735kJ
Energy	176Kcal
Protein	7.9g
Carbs	16g
of which sugars	2.7g
Fibre	4 g
Fat	9.4g
of which saturated	4g
Sodium	461mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook within 4 Days