

U COOK

Mediterranean Tomatoes & Halloumi

with roasted pumpkin

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	308kJ	2943.2kJ
Energy	74kcal	703.8kcal
Protein	3.4g	32.7g
Carbs	8g	72.2g
of which sugars	2.8g	26.9g
Fibre	2.6g	25.1g
Fat	3.3g	31.1g
of which saturated	2g	19.1g
Sodium	185.7mg	1777.1mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

600g	800g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
300g	400g	Cooked Chopped Tomato
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
180g	240g	Cannellini Beans <i>drain & rinse</i>
30ml	40ml	NOMU Italian Rub
240g	320g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
120g	160g	Pitted Kalamata Olives <i>drain & halve</i>
120g	160g	Artichoke Quarters <i>drain & halve</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

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, 35-40 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 300ml [400ml] 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 salad leaves, a drizzle of olive oil, and seasoning.

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