



UCCOOK

Mediterranean Tomato & Grilled Halloumi

with roasted pumpkin

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

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 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		Garlic Cloves <i>peel & grate</i>
300g	400g	Cooked Chopped Tomato
2		Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
180g	240g	Cannellini Beans <i>drain & rinse</i>
30ml	1	NOMU Italian Rub
320g	480g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
60g	80g	Pitted Kalamata Olives <i>drain & half</i>
90g	120g	Artichoke Quarters <i>drain & half</i>
60g	80g	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, 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 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.