

UCOOK

Vegetarian Orange & Halloumi Salad

with roasted leeks & walnuts

Fresh orange segments and golden-crusted halloumi slabs... need we say more, Chef? Get a dose of vitamin C in the most mouthwatering way when you load up a forkful of oven-roasted beetroot & leeks, spicy radish, toasted walnuts, zesty orange segments, and last but not least, salty and oh-so-satisfying halloumi cheese.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Samantha du Toit

Carb Conscious

 Domaine Des Dieux | Chardonnay 2019

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Ingredients & Prep

400g	Beetroot Chunks <i>cut into bite-sized pieces</i>
200g	Leeks <i>trim at the base & cut in half lengthways</i>
20g	Walnuts <i>roughly chop</i>
160g	Halloumi <i>slice lengthways into 1cm thick slabs</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
200g	Cucumber <i>rinse & peel into ribbons</i>
1	Lemon <i>rinse & cut into wedges</i>
2	Oranges <i>rinse, peel & cut into segments</i>
40g	Radish <i>rinse & slice into thin rounds</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Paper Towel

1. UN-BEETABLE VEG Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Rinse the halved leeks thoroughly and roughly slice. When the beetroot has 20-25 minutes to go, add the sliced leeks to the tray and roast for the remaining time until softened and charred.

2. NUTS ABOUT WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRISPY HALLOUMI Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi slabs until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

4. FOR SOME FRESHNESS In a salad bowl, toss together the shredded salad leaves, the cucumber ribbons, the roasted beetroot & leeks, a drizzle of olive oil, a generous squeeze of lemon juice, and seasoning.

5. GRAB A PLATE Plate up the roasted beetroot & leek salad. Top with the orange segments and the grilled halloumi. Scatter over the radish slices and the toasted walnuts. Serve any remaining lemon wedges on the side.



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	604kJ
Energy	73kcal
Protein	3.2g
Carbs	8g
of which sugars	3.6g
Fibre	2.5g
Fat	3.3g
of which saturated	1.9g
Sodium	78mg

Allergens

Allium, Tree Nuts, Cow's Milk

Eat
Within
3 Days