



UCOOK

Glazed Halloumi & Veggie Pilaf

with sticky sweet chilli sauce, sambal & toasted cashews

We all need to spend less time eating meat and seafood, but we can fill it with something equally (if not more) delicious! This quick, easy pilaf is satisfying and unforgettable: fluffy basmati loaded with flavourful veg and covered in crispy, sweet-chilli-glazed halloumi.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Thea Richter

 Veggie

 Vergelegen | Premium Sauvignon Blanc

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Ingredients & Prep

300ml	White Basmati Rice
150g	Kale <i>rinsed & roughly shredded</i>
360g	Carrot <i>peeled, trimmed & cut into bite-sized chunks</i>
300g	Mushrooms <i>roughly sliced</i>
3	Garlic Cloves <i>peeled & grated</i>
2	Onions <i>1½ peeled & roughly diced</i>
8g	Fresh Curry Leaves <i>rinsed</i>
150g	Peas
30g	Cashew Nuts
2	Tomatoes <i>roughly diced</i>
240g	Halloumi <i>sliced lengthways into 1cm thick slabs</i>
125ml	Sweet Chilli Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. GO, GO, GO! Preheat the oven to 180°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 680ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. VEGGIES! Place the shredded kale on a roasting tray with a drizzle of oil and some seasoning. Using your hands, massage until softened. Set aside for Step 3. Place a large pot over high heat with a drizzle of oil. When hot, fry the carrot chunks and sliced mushrooms for 4-5 minutes until starting to brown. Transfer to a bowl, return the pot to a medium-high heat, and add another drizzle of oil if necessary. When hot, sauté the grated garlic, ¾ of the diced onion, and the rinsed curry leaves for 4-5 minutes until the onion is soft. Return the carrot and mushrooms to the pot. Stir through the peas and some seasoning. Cover with a lid and steam for 5 minutes, shifting occasionally. On completion, the carrot should be softened but still slightly crunchy.

3. WHILE IT'S STEAMING... Place the tray of kale in the oven and roast for 10 minutes until crispy. Place the cashews in a large pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop when cool enough to handle. Toss the diced tomatoes and remaining onion with a drizzle of olive oil and some seasoning. Set aside for serving.

4. RICE AND SHINE Gently fold the cooked, drained rice into the pot of veg until evenly distributed. Turn the heat up to medium and cook for another 4 minutes (uncovered) until the flavours are combined, shifting occasionally. Remove the pot from the heat, replace the lid, and set aside to keep warm until serving.

5. HELLO HALLOUMI Return the pan to a medium heat with another drizzle of oil. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy and golden. On completion, baste with the sweet chilli sauce, shifting and turning until fully coated. Remove the pan from the heat.

6. PILAF PLEASE! Dish up bowls of pilaf. Layer with halloumi and spoon over some sauce from the pan. Scatter over the kale and cashews, and side with the tomato sambal. Just one thing left to do: dig in!



Chef's Tip

Grains like rice, quinoa, and barley should be rinsed thoroughly with cold water before cooking to remove excess starch – you don't want a stodgy pilaf! Rinsing improves taste, texture, and cleanliness.

Nutritional Information

Per 100g

Energy	516kj
Energy	123kcal
Protein	5.6g
Carbs	15g
of which sugars	2.5g
Fibre	3.1g
Fat	4.4g
of which saturated	2.7g
Sodium	118mg

Allergens

Dairy, Allium, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts

Cook
within 2
Days