



UCOOK

Vegetarian Pineapple & Halloumi Salad

with almonds & a sweet dressing

Take your salad game up a notch with this unexpected flavour combination of salty, crispy-fried halloumi slabs & sweet, charred pineapple. The supporting players for this dish are tangy baby tomatoes, nutty chickpeas, almonds & a sweet-mustard citrus salad dressing — all forming a champion culinary team!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

Carb Conscious

Groote Post Winery | Groote Post Shiraz 2021

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Ingredients & Prep

120g	Chickpeas <i>drain & rinse</i>
5ml	NOMU One For All Rub
5g	Almonds <i>roughly chop</i>
100g	Fresh Pineapple Pieces <i>cut into bite-sized pieces</i>
80g	Halloumi <i>pat dry with paper towel & cut into thick slabs</i>
25ml	Salad Dressing <i>(20ml Orange Juice & 5ml Dijon Mustard)</i>
40g	Salad Leaves <i>rinse</i>
100g	Baby Tomatoes <i>rinse & cut in half</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. In the final minute, add the NOMU rub. Season and set aside.

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

3. PINING FOR PINEAPPLE Return the pan to high heat. When hot, fry the pineapple pieces until charred, 2-3 minutes per side. Remove from the pan and set aside.

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

5. MIX THINGS UP In a salad bowl, combine the salad dressing with 10ml of sweetener (to taste), and a drizzle of olive oil. Add the rinsed leaves, the halved baby tomatoes, 1/2 the toasted almonds, the crispy chickpeas, and seasoning.

6. SO READY FOR THIS SALAD! Plate up the hearty salad. Top with the charred halloumi and pineapple. Sprinkle over the remaining almonds. Yum!



Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil and seasoning. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	589kJ
Energy	141kcal
Protein	7.1g
Carbs	10g
of which sugars	3.9g
Fibre	3.7g
Fat	6.9g
of which saturated	3.9g
Sodium	162mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days