



UCOOK

Loaded Lentil, Orzo & Halloumi Salad

with pickled bell pepper, lemon & cashew nuts

A salad with a bit of everything! It's loaded with orzo, green lentils, fresh mint, spring onion, pickled bell pepper, lemon, and baby marrow. Topped with golden halloumi and sprinkled with toasted cashew nuts for extra crunch. Say hello to your new fave!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

 Veggie

 Creation Wines | Creation Cool-Climate
Chenin Blanc 2021

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Ingredients & Prep

50ml	Green Lentils <i>rinsed</i>
200ml	Orzo Pasta
20ml	Red Wine Vinegar
1	Lemon <i>zested & cut into wedges</i>
30g	Cashew Nuts
200g	Baby Marrow <i>rinsed, trimmed & cut into rounds</i>
320g	Halloumi <i>pat dry & cut into 1cm thick slabs</i>
40g	Salad Leaves <i>rinsed</i>
1	Spring Onion <i>rinsed, trimmed & finely sliced</i>
50g	Pickled Bell Peppers <i>drained & roughly chopped</i>

From Your Kitchen

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

1. START THE SALAD Boil a full kettle. Place a pot over medium heat. Add the rinsed lentils, 800ml of boiling water and bring to a simmer. Cook (without a lid) for 25-30 minutes, stirring occasionally. In the final 10 minutes, add the orzo and simmer for the remaining time until al dente. If it starts to dry out, add more water to continue the cooking process. On completion, toss through some oil to prevent sticking.

2. GET DRESSED In a salad bowl, combine the vinegar, 20ml of olive oil, the lemon zest (to taste), 10ml of a sweetener of choice, and seasoning. Set aside.

3. TOAST MOMENT Place the cashews in a pan over medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan, roughly chop, and set aside.

4. CHAR THE MARROW Return the pan to high heat with a drizzle of oil. When hot, add the baby marrow rounds and fry for 3-4 minutes until charred, shifting occasionally. Season and place in the bowl with the salad dressing.

5. GOLDEN HALLOUMI Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy and golden. Drain on paper towel.

6. FINISH THE SALAD When the lentils & orzo are cooked, add to the bowl with the dressed baby marrows along with rinsed salad leaves, ½ the sliced spring onion, a squeeze of lemon juice, and the chopped pickled peppers. Toss until combined.

7. TUCK IN! Plate up the loaded lentil & orzo salad. Top with the golden halloumi slabs. Sprinkle over the toasted cashews and remaining spring onion. Side with a lemon wedge. Delish dinner, Chef!

Nutritional Information

Per 100g

Energy	1009kJ
Energy	241kcal
Protein	12.6g
Carbs	20g
of which sugars	2.6g
Fibre	4g
Fat	11.8g
of which saturated	7.4g
Sodium	258mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within 3
Days