

QCOOK

Halloumi & Crispy Chickpea Wraps

with parsley cottage cheese & a charred corn salsa

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Groote Post Winery | Groote Post Pinch of Salt Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	683kj	3870kj
Energy	163kcal	926kcal
Protein	7.7g	43.7g
Carbs	16g	89g
of which sugars	4.1g	23.4g
Fibre	3.1g	17.8g
Fat	7.1g	40g
of which saturated	4.3g	24.2g
Sodium	252mg	1429mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Moderate

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Corn
60g	120g	Chickpeas <i>drain & rinse</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
50g	100g	Cucumber <i>rinse & finely dice</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
12,5ml	25ml	Pickling Liquid <i>(10ml [20ml] Red Wine Vinegar & 2.5ml [5ml] Honey)</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
30ml	60ml	Low Fat Cottage Cheese
20g	40g	Green Leaves <i>rinse</i>
4	8	Rotis
100g	200g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Milk (optional)
Paper Towel

1. CHAR THE CORN Place a pan over high heat with a drizzle of oil. When hot, fry the corn until charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CRUNCHY CHICKPEAS Return the pan to medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). Remove from the pan and season.

3. FILLINGS FOR YOU Add the onion and the cucumber to the bowl of corn. Add ½ the parsley, ¼ of the pickling liquid, the chilli (to taste), a drizzle of olive oil, and seasoning. Set aside. In a separate bowl, combine the cottage cheese with the remaining pickling liquid (to taste), the remaining parsley, and seasoning. Loosen with milk (optional) or water in 5ml increments if too thick. Set aside. Toss the green leaves with a drizzle of olive oil and seasoning.

4. HEATING UP When the chickpeas are almost crispy, place a second pan over medium-high heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

5. FRY THE 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 and drain on paper towel.

6. AND THAT'S A WRAP! Lay out the rotis and smear generously with the parsley cottage cheese. Pile the green leaves, toasted chickpeas, and halloumi slabs in the centre and top with the corn salsa. Garnish with any remaining fresh chilli if you're feeling spicy! Fold 'em up and dig in.