



# UCOOK

## Honey & Halloumi Flatbread

with pickled onions

Honey-covered cubes of golden halloumi are layered on toasted naan, fresh greens & homemade pickled onion. Dollop over the cumin-infused yoghurt, fresh coriander & toasted flaked almonds, and you have ticked making a delicious dinner off your 'to do' list, Chef!

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**Hands-on Time:** 10 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Jenna Peoples

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Veggie

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Groote Post Winery | Groote Post Old Man's Blend White Blend

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## Ingredients & Prep

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10g	Almonds
20ml	Apple Cider Vinegar
1	Onion <i>peel &amp; finely slice ¼</i>
30ml	Low Fat Plain Yoghurt
2,5ml	Ground Cumin
10ml	Lemon Juice
1	Flatbread
80g	Halloumi Cheese <i>cut into bite-sized cubes</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
30ml	Honey
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. ALL THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. QUICK PICKLE** In a bowl, combine the vinegar, 5ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain right before serving.

**3. YUMMY YOGHURT** In a small bowl, add the yoghurt. Mix through the ground cumin (to taste), the lemon juice (to taste) and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

**4. TOAST** Return the pan to medium heat. When hot, toast the naan until golden, 1-2 minutes per side. Remove from the pan and set aside.

**5. HALLO HALLOUMI** Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes per side (shifting occasionally). Remove from the pan and drain on paper towel.

**6. NAAN CAN COMPARE** Assemble the flatbread by placing down the shredded leaves. Top with the drained pickled onions and scatter over the halloumi, drizzled with the honey. Dollop with the cumin yoghurt, scatter over the toasted almonds and garnish with the chopped coriander.

## Nutritional Information

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Per 100g

Energy	790kJ
Energy	189kcal
Protein	7g
Carbs	22g
of which sugars	9.4g
Fibre	2.4g
Fat	7.7g
of which saturated	4.3g
Sodium	239mg

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## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
3 Days