

Eat Within 4 Days

Crispy Halloumi & Creamy Tomato Pasta

with a herb crumb

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	907kJ	4874kJ
Energy	217kcal	1165kcal
Protein	9.2g	49.3g
Carbs	24g	128g
of which sugars	3.5g	18.9g
Fibre	3.2g	17.3g
Fat	9.1g	48.7g
of which saturated	5.5g	29.5g
Sodium	306mg	1643mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Halloumi Cheese *slice into thick slabs*
300g	400g	Rigatoni Pasta
30g	40g	Sunflower Seeds
2	2	Onions *peel & finely dice 1½ [2]*
2	2	Garlic Clove *peel & grate*
300ml	400ml	Tomato Passata
45ml	60ml	Pasta Seasoning *(30ml [40ml] Nutritional Yeast & 15ml [20ml] Vegetable Stock)*
8g	10g	Fresh Parsley *rinse, pick & finely chop*
90ml	125ml	Crème Fraîche
300ml	400ml	Herb Crumb *(270ml [360ml] Panko Breadcrumbs & 30ml [40ml] NOMU Italian Rub)*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Egg/s

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 15-20 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. TOASTY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SAUCE, SAUCE & MORE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-8 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata. Mix through the pasta seasoning, ½ the parsley, and 450ml [600ml] of water. Reduce the heat and simmer until reduced, 10-12 minutes (stirring occasionally). In the final minute, add a sweetener (to taste), the crème fraîche and pasta, and seasoning. Remove from the heat. Loosen with the reserved pasta water if too thick.

4. CRUMBED Whisk 2 eggs in a shallow dish. Prepare another dish with the herb crumb. Dip the halloumi into the egg and then into the crumb. Place a clean pan over medium-high heat with enough oil to cover the base. When hot, fry the halloumi until golden brown, 1-2 minutes per side. Drain on paper towel.

5. TIME TO EAT Serve up the tomato pasta and lay over the crispy halloumi slices. Scatter over the sunflower seeds and the remaining parsley. There you have it!