

# UCOOK

## Green Goddess Halloumi Salad

**with tart apple, crunchy walnuts & creamy guacamole**

Sweet dreams are made of greens! Crumbed halloumi is tossed with peas, salad leaves & chickpeas, and coated in our famous emerald dressing: yoghurt, guacamole & red wine vinegar. Walnuts and fresh apples finish off this fresh dish with a divine crunch!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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Veggie

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KWV - The Mentors | KWV The Mentors  
Grenache Blanc

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## Ingredients & Prep

|        |                                                              |
|--------|--------------------------------------------------------------|
| 120g   | Chickpeas<br><i>drain &amp; rinse</i>                        |
| 20g    | Walnuts<br><i>roughly chop</i>                               |
| 1 unit | Guacamole                                                    |
| 50ml   | Low Fat Plain Yoghurt                                        |
| 10ml   | Red Wine Vinegar                                             |
| 80ml   | Panko Breadcrumbs                                            |
| 10ml   | NOMU Roast Rub                                               |
| 160g   | Halloumi<br><i>pat dry &amp; slice into 1cm thick slices</i> |
| 100g   | Peas                                                         |
| 1      | Apple<br><i>rinse</i>                                        |
| 80g    | Salad Leaves<br><i>rinse &amp; roughly shred</i>             |
| 5g     | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>       |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Milk (optional)  
Egg/s

**1. POPPIN' 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, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

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

**3. GET DRESSED!** In a bowl, combine the guacamole and the yoghurt. Gradually loosen with milk or water in 30ml increments until drizzling consistency. Pour in the vinegar (to taste), seasoning, and mix until combined.

**4. HALLO HALLOUMI** In a shallow dish, combine the breadcrumbs and the rub (seasoned lightly). Prepare another shallow dish with 1 egg whisked with 1 tbsp of water. Dip each halloumi slice into the egg, and then lightly coat in the breadcrumbs. Return the pan to a medium-high heat with enough oil to coat the base. When hot, fry the crumbed halloumi for 1 minute each side, until golden brown. Remove from the pan and drain on paper towel.

**5. LET'S ASSEMBLE!** Boil the kettle. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a salad bowl. Cut the rinsed apple into cubes and place in the salad bowl with the peas. Add the salad leaves, ½ the crispy chickpeas and ½ the green goddess dressing. Toss until fully coated.

**6. FEAST LIKE A GODDESS** Bowl up a portion of crunchy salad. Top with the crispy halloumi and drizzle over the remaining green goddess dressing. Garnish with the remaining chickpeas, chopped parsley, and chopped walnuts. Gorgeous!



## Chef's Tip

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

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 623kJ   |
| Energy             | 149kcal |
| Protein            | 5.7g    |
| Carbs              | 12g     |
| of which sugars    | 4.1g    |
| Fibre              | 4.4g    |
| Fat                | 8.8g    |
| of which saturated | 3g      |
| Sodium             | 210mg   |

## Allergens

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

Eat  
Within  
3 Days