



# UCOOK

## Sumac Pumpkin & Baby Carrots

**with crispy halloumi & toasted macadamia nuts**

We celebrate the beautiful simplicity of perfectly spiced sumac vegetables, roasted in the oven until golden and rich in flavour. The roasted pumpkin & carrot duo shares a dinner plate with crispy, salty halloumi and a zesty baby marrow, cucumber, & green leaves salad. A drizzle of lemon-yoghurt sauce and you're done, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Carb Conscious

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

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## Ingredients & Prep

200g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
120g	Baby Carrots <i>rinsed &amp; stems trimmed</i>
10ml	Sumac Spice
15g	Macadamia Nuts <i>roughly chopped</i>
100g	Baby Marrow <i>rinsed, trimmed &amp; peeled into ribbons</i>
50g	Cucumber <i>rinsed &amp; cut into matchsticks</i>
15ml	Lemon Juice
20g	Green Leaves <i>rinsed &amp; roughly shredded</i>
50ml	Low Fat Plain Yoghurt
80g	Halloumi <i>cut into bite-sized chunks</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the pumpkin pieces and the baby carrots on a roasting tray. Coat in oil, ½ the sumac spice, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

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

**3. SOME FRESHNESS** In a salad bowl, combine the baby marrow ribbons, the cucumber matchsticks, and ½ the lemon juice (to taste). Toss to combine and season. Just before serving, add the shredded green leaves and a drizzle of olive oil. In a small bowl, combine the yoghurt with the remaining lemon juice (to taste). Loosen with water or milk (optional) in 5ml increments until drizzling consistency.

**4. MORE SUMAC** When the roast has 5 minutes to go, sprinkle over the remaining sumac spice.

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

**6. DINNER IS READY** Plate up the roasted veggies and the crispy halloumi, drizzle over the yoghurt, and sprinkle over the toasted nuts. Serve alongside the baby marrow salad. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the pumpkin chunks and the baby carrots in oil, ½ the sumac spice, and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway). In the final 5 minutes, sprinkle over the remaining sumac spice.

## Nutritional Information

Per 100g

Energy	406kJ
Energy	97kcal
Protein	4.6g
Carbs	7g
of which sugars	2.7g
Fibre	2.8g
Fat	5.9g
of which saturated	3.1g
Sodium	92mg

## Allergens

Dairy, Tree Nuts

Cook  
within 3  
Days