



# UCOOK

## Halloumi Salad & Emerald Dressing

**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 & raspberry vinegar. Walnuts and fresh apples finish off this fresh dish with a divine crunch!

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 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 2021

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## Ingredients & Prep

480g	Chickpeas <i>drained &amp; rinsed</i>
40g	Walnuts <i>roughly chopped</i>
320g	Guacamole
100ml	Low Fat Plain Yoghurt
20ml	Raspberry Vinegar
160ml	Panko Breadcrumbs
20ml	NOMU Roast Rub
320g	Halloumi <i>patted dry &amp; sliced into 1cm thick slices</i>
200g	Peas
1	Apple <i>rinsed, cored &amp; cut into cubes</i>
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
10g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. GOLDEN CHICKPEAS** Preheat the oven to 200°C. Spread the drained chickpeas on a roasting tray, coat in oil, and season. Roast in the hot oven until golden and crispy, 12-15 minutes.

**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. EMERALD DRESSING** In a bowl, combine the guacamole and the yoghurt. Gradually loosen with milk (optional) or water in 30ml increments until drizzling consistency. Pour in the raspberry vinegar (to taste), season, and mix until combined.

**4. HALLOUMI IT UP!** In a shallow dish, combine the breadcrumbs, the NOMU rub, and seasoning. In a second shallow dish, whisk 1 egg with 2 tbsp of water. Dip each halloumi slice into the egg and then lightly coat in the breadcrumbs. Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the crumbed halloumi until golden brown, 1 minute each side. Remove from the pan and drain on paper towel.

**5. LET'S ASSEMBLE!** Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. In a salad bowl, toss together the peas, the apple cubes, the shredded salad leaves, ½ the crispy chickpeas, and ½ the emerald dressing.

**6. TIME TO FEAST!** Bowl up a portion of crunchy salad. Top with the crispy halloumi and drizzle over the remaining emerald dressing. Garnish with the remaining chickpeas, the chopped parsley, and the toasted 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	710kJ
Energy	170kcal
Protein	7.1g
Carbs	13g
of which sugars	3.9g
Fibre	4.3g
Fat	9.3g
of which saturated	4.1g
Sodium	149mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites, Tree Nuts

Cook  
within 3  
Days