



UCCOOK

Crumbed Halloumi Burger

with Rootstock crisps

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Niriða | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	880kJ	4702kJ
Energy	211kcal	1126kcal
Protein	7.2g	38.3g
Carbs	21g	111g
of which sugars	6.1g	32.6g
Fibre	3.4g	18g
Fat	10.7g	57g
of which saturated	4.6g	24.6g
Sodium	236mg	1263mg

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

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
80g	160g	Halloumi Cheese
50ml	100ml	Panko Breadcrumbs
30ml	60ml	Mayo
10g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>
80g	160g	Baby Tomatoes <i>rinse & quarter</i>
10ml	20ml	Balsamic Vinegar
1	2	Charcoal Bun/s
1	1	Onion <i>peel & thinly slice</i>
10g	20g	Green Leaves <i>rinse</i>
10g	20g	Pumpkin & Sunflower Seed Mix
1 unit	2 units	Rosemary & Rocksalt Potato Crisps

From Your Kitchen

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

1. HALLO HALLOUMI Slice the halloumi into 1cm thick slabs. In a bowl, whisk 1 egg together with 1 tbsp of water. Pour the panko crumbs out onto a plate with a bit of seasoning. Coat the halloumi in the egg, then crumb in the panko. Repeat with all your halloumi slices. Set aside.

2. PREP STEP In a small bowl, mix together the mayo and the chipotle chilli (to taste). In another bowl, marinate the baby tomatoes in the balsamic vinegar, some olive oil and seasoning. Set aside. Place a pan over medium heat. Toast the mixed seeds, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BUTTERY BUN Halve the roll/s, and spread butter or oil over the cut-side (optional). Return the pan to medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

4. SWEET ONION Return the pan to medium heat with a drizzle of oil or a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

5. CRISPY CHEESE Place a new pan over high heat with a generous drizzle of oil. When hot, fry the halloumi until golden and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Alternatively, air fry the halloumi slices at 200°C for 2-3 minutes per side.

6. BEST BUN EVER Plate up the marinated tomatoes, with half the green leaves and the mixed seeds. Smear the chipotle mayo over the bottom half of the roll. Top with the remaining green leaves, the crispy halloumi slab and the caramelised onion. Close up the burger and side with the crisps. And just like that, dinner is ready, Chef!