

# U COOK

## Sesame-Glazed Halloumi & Coconut Rice

with cucumber, pickled ginger & kewpie mayo

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc



Nutritional Info	Per 100g	Per Portion
Energy	1022kJ	4829kJ
Energy	244kcal	1155kcal
Protein	6g	28.2g
Carbs	20.7g	98g
of which sugars	7.7g	36.2g
Fibre	1.7g	8.1g
Fat	14.4g	68.3g
of which saturated	7.4g	34.9g
Sodium	248mg	1174mg

**Allergens:** Sulphites, Sesame, Cow's Milk, Allium

Eat Within 4 Days

**Spice Level:** Hot

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

75ml	150ml	Jasmine Rice <i>rinse</i>
100ml	200ml	Coconut Cream
1	1	Garlic Clove <i>peel &amp; grate</i>
15ml	30ml	Rice Wine Vinegar
30ml	60ml	Maple-flavoured Syrup
10ml	20ml	Dried Chilli Flakes
5ml	10ml	Black Sesame Seeds
80g	160g	Halloumi Cheese <i>cut into bite-sized cubes</i>
100g	200g	Cucumber <i>rinse &amp; cut in half lengthways</i>
15g	30g	Pickled Ginger <i>drain &amp; roughly chop</i>
15g	30g	Piquanté Peppers <i>drain</i>
30ml	60ml	Kewpie Mayo

**1. COCONUT RICE** Place the rice in a pot with 100ml [200ml] of salted water and ½ the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

**2. SESAME-GLAZED HALLOUMI** In a bowl, combine the garlic, vinegar, maple syrup, ½ the chilli flakes, and sesame seeds. Place a pan over medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes per side. Add the garlic mixture and simmer until the halloumi is glazed and fully coated, 1-2 minutes. Remove from the heat.

**3. SOME FRESHNESS** Using a spoon or a knife, gently scoop out the seeds from the cucumber and cut into half-moons. In a bowl, combine the cucumber, pickled ginger, peppers, a drizzle of olive oil and season. Loosen the mayo with water in 10ml increments until a drizzling consistency.

**4. TIME TO DINE** Bowl up the coconut rice, top with the glazed halloumi, scatter over the cucumber salsa, drizzle over the mayo, and garnish with a sprinkle of the chilli flakes (to taste). Dig in, Chef!

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water