



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!

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

Veggie

KWV - The Mentors | KWV The Mentors
Grenache Blanc

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Ingredients & Prep

60g	Chickpeas <i>drain & rinse</i>
10g	Walnuts <i>roughly chop</i>
1 unit	Guacamole
25ml	Low Fat Plain Yoghurt
5ml	Red Wine Vinegar
40ml	Panko Breadcrumbs
5ml	NOMU Roast Rub
80g	Halloumi <i>pat dry & slice into 1cm thick slices</i>
50g	Peas
1	Apple <i>rinse</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
3g	Fresh Parsley <i>rinse, pick & 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 half the rinsed apple into cubes, place in the salad bowl with the peas, and set aside the remainder for another meal. 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