



U C O O K

— COOKING MADE EASY

TURKISH HALLOUMI & BULGUR PILAF

with Za'atar, ready-made tzatziki & honey-drizzled roast cauliflower

Flavours of southern Turkish cuisine flourish in this tantalising bulgur wheat pilaf, fragrant with onion, garlic, Za'atar spice, and rocket. Layered with roast veg, mint-infused halloumi, and refreshing tzatziki ('cacik' in Turkish!)

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Fatima Ellemdeen

 **Vegetarian**

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Ingredients & Prep

60g	Lentils <i>drained & rinsed</i>
100g	Cauliflower Florets <i>cut into bite-size pieces</i>
75g	Julienne Carrot
5ml	Honey
75ml	Bulgur Wheat
15ml	Za'atar Spice
10g	Pumpkin Seeds
1	Onion <i>one half peeled & thinly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
80g	Minted Halloumi <i>sliced into 1cm thick slabs</i>
20g	Green Leaves <i>rinsed</i>
45ml	Tzatziki

From Your Kitchen

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

1. OVEN-CARAMELISED VEG Preheat the oven to 200°C. Boil the kettle for step 2. Place the drained lentils and cauliflower pieces on a roasting tray. Coat in oil, season, and spread out in an even layer. Roast in the hot oven for 20-25 minutes until cooked through and becoming crispy. Place the julienne carrot in a bowl, coat in oil, and season. When the cauliflower and lentils are at the halfway mark, give them a shift and scatter the carrot over the tray. Return to the oven for the remaining cooking time. On completion, remove the roast veg from the oven and drizzle with the honey.

2. WARM BULGUR WHEAT Place the bulgur wheat and half of the Za'atar spice in a shallow bowl. Submerge in 200ml of boiling water, add a drizzle of oil, and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion and season to taste. Replace the plate and set aside.

3. POP THOSE SEEDS Place the pumpkin seeds in a nonstick pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. LOAD UP THE BULGUR PILAF When the bulgur is nearly cooked, return the pan to a medium heat with a drizzle of oil. When hot, sauté the sliced onion for 2-3 minutes until soft and translucent. Add the grated garlic and remaining Za'atar spice and sauté for another minute. On completion, transfer to the bowl of cooked bulgur and toss through the rinsed green leaves. Set aside for serving.

5. CRISPY, CHEESY GOLD! Wipe down the pan if necessary and return it to a medium heat with another drizzle of oil or a knob of butter. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy and golden. Remove from the pan and allow to drain on some paper towel – and try not to eat it all before serving!

6. PLATE YOUR SOUTHERN TURKISH TREAT Make a bed of flavourful bulgur wheat pilaf. Cover with some roast veggies and layer with the crunchy halloumi. Top with a hearty dollop of tzatziki and finish with a sprinkling of toasted pumpkin seeds. Enjoy!



Chef's Tip

Don't overcrowd the pan when frying halloumi, for crispiest results

Nutritional Information

Per 100g

Energy	676kJ
Energy	162Kcal
Protein	8.5g
Carbs	20g
of which sugars	3.6g
Fibre	6.1g
Fat	5.5g
of which saturated	3.4g
Sodium	128mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 3
Days