



UCOOK

Sumac Pumpkin & Baby Carrots

with crispy halloumi & toasted macadamia nuts

We celebrate the beautiful simplicity of perfectly spiced sumac vegetables, roasted in the oven until golden and rich in flavour. The roasted pumpkin & carrot duo shares a dinner plate with crispy, salty halloumi and a zesty baby marrow, cucumber, & green leaves salad. A drizzle of lemon-yoghurt sauce and you're done, Chef!


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Kate Gomba

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

800g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
480g	Baby Carrots <i> rinsed & stems trimmed</i>
40ml	Sumac Spice
60g	Macadamia Nuts <i>roughly chopped</i>
400g	Baby Marrow <i> rinsed, trimmed & peeled into ribbons</i>
200g	Cucumber <i> rinsed & cut into matchsticks</i>
60ml	Lemon Juice
80g	Green Leaves <i> rinsed & roughly shredded</i>
200ml	Low Fat Plain Yoghurt
320g	Halloumi <i>cut into bite-sized chunks</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the pumpkin pieces and the baby carrots on a roasting tray. Coat in oil, ½ the sumac spice, and seasoning. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. TOAST Place the chopped macadamia nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SOME FRESHNESS In a salad bowl, combine the baby marrow ribbons, the cucumber matchsticks, and ½ the lemon juice (to taste). Toss to combine and season. Just before serving, add the shredded green leaves and a drizzle of olive oil. In a small bowl, combine the yoghurt with the remaining lemon juice (to taste). Loosen with water or milk (optional) in 5ml increments until drizzling consistency.

4. MORE SUMAC When the roast has 5 minutes to go, sprinkle over the remaining sumac spice.

5. HALLOUMI Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

6. DINNER IS READY Plate up the roasted veggies and the crispy halloumi, drizzle over the yoghurt, and sprinkle over the toasted nuts. Serve alongside the baby marrow salad. Well done, Chef!



Chef's Tip

Air fryer method: Coat the pumpkin chunks and the baby carrots in oil, ½ the sumac spice, and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway). In the final 5 minutes, sprinkle over the remaining sumac spice.

Nutritional Information

Per 100g

Energy	406kJ
Energy	97kcal
Protein	4.6g
Carbs	7g
of which sugars	2.7g
Fibre	2.8g
Fat	5.9g
of which saturated	3.1g
Sodium	92mg

Allergens

Dairy, Tree Nuts

Cook
within 3
Days