



UCOOK

Halloumi Rainbow Salad

with pistachios, dates & an ancient grain mix

Ancient grains mixed with shredded green leaves, julienne carrots and beetroot, tossed in a spiced honey, lemon and mustard vinaigrette. Topped with golden halloumi and scattered with crunchy pistachios and sweet dates.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Alex Levett

 Vegetarian

 Robertson Winery | Chardonnay

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Ingredients & Prep

| | |
|-------|---|
| 225ml | Ancient Grain Mix <i>(112,5ml Bulgur Wheat & 112,5ml Whole Wheat Couscous)</i> |
| 30ml | NOMU Moroccan Rub |
| 15g | Pistachio Nuts |
| 225g | Julienne Beetroot |
| 240g | Halloumi <i>sliced lengthways into 1cm thick slabs</i> |
| 45ml | Sweet Mustard <i>(15ml Honey & 30ml Dijon Mustard)</i> |
| 2 | Lemons <i>1½ zested & cut into wedges</i> |
| 60g | Green Leaves <i>rinsed & roughly shredded</i> |
| 300g | Julienne Carrot |
| 30g | Dried Dates <i>halved</i> |

From Your Kitchen

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

1. AGAINST THE GRAIN Boil a full kettle. Using a shallow bowl, submerge the ancient grain mix and ½ the rub with 300ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked and tender. Fluff up with a fork on completion, return the plate over the bowl, and set aside.

2. NUTS ABOUT Place the pistachios in a nonstick pan over a medium heat. Toast for 2-4 minutes until starting to brown, shifting occasionally. Remove from the pan and set aside.

3. MOVE TO THE BEET Return the pan to medium heat with a drizzle of oil. When hot, fry the julienne beetroot for 2-3 minutes until al dente. Remove from the pan and set aside.

4. GROOVY HALLOUMI Return the pan to a medium heat, wiped down if necessary, with a drizzle of oil. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy and golden. Leave to drain on some paper towel.

5. GET DRESSED In a salad bowl, place the sweet mustard, remaining rub, the juice of 3 lemon wedges, lemon zest, 60ml of olive oil, and seasoning. Mix until fully combined. Add the cooked ancient grain mix, rinsed green leaves, julienne carrot, cooked julienne beetroot, ½ the toasted pistachio, and ½ the halved dates. Mix until fully coated in the salad dressing.

6. THE SALAD OF DREAMS Plate up a generous helping of the rainbow salad and top with the golden halloumi slices. Garnish with the remaining pistachios and dates. Side with any remaining lemon wedges and tuck in, Chef!

Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 723kj |
| Energy | 173Kcal |
| Protein | 7.8g |
| Carbs | 21g |
| of which sugars | 7.2g |
| Fibre | 4.9g |
| Fat | 6.9g |
| of which saturated | 4.2g |
| Sodium | 263mg |

Allergens

Gluten, Dairy, Wheat, Sulphites, Tree Nuts

Cook
within 1
Day