



UCOOK

Radiant Halloumi & Ancient Grain Salad

with basil pesto & charred baby marrow

Eating your greens can be scrumptious and exciting! Full of green leaves, peas, mint, pesto, and grilled baby marrow, this salad will have you glowing! With added nutrients from the ancient grains and crispy beans, and the decadence of halloumi.


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Lauren Todd

 Vegetarian

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

100ml	Ancient Grain Mix <i>(50ml Pearled Barely & 50ml Spelt)</i>
5ml	Vegetable Stock
30ml	Pesto Princess Basil Pesto
10ml	Lemon Juice
10g	Pumpkin Seeds
120g	Cannellini Beans <i>drained & rinsed</i>
5ml	NOMU African Rub
100g	Baby Marrow <i>rinsed & sliced into thin strips</i>
50g	Peas
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
80g	Halloumi <i>sliced into 1cm thick slabs</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. COOK THE GRAINS Place the grains in a pot with 350ml of salted water and the stock. Bring to a boil. Once boiling, reduce the heat. Allow to simmer for 30-35 minutes, stirring occasionally as the water is absorbed and adding more only if required. On completion, the grain should be al dente. Drain if necessary and season to taste.

2. DRESSING & TOASTING In a bowl, combine the pesto with 1 tsp of olive oil. Loosen with the lemon juice (to taste) until drizzling consistency and set aside for serving. Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion.

3. CRISP THOSE BEANS Return the pan to a medium-high heat with a drizzle of oil. When hot, toast the drained cannellini beans for 7-8 minutes until crispy and golden. Only shift them occasionally for the best results. At the halfway mark, stir through ½ the African Rub. Season on completion, remove from the heat and set aside in the pan.

4. WHILE THE BEANS ARE FRYING... Coat the baby marrow strips in the remaining African Rub and a little oil. Place a second pan over a high heat (you can use a grill pan if you have one). When hot, grill the strips for 3-5 minutes per side until charred. Remove from the pan on completion and set aside for serving.

5. MINTY GRAINS & GOLDEN CHEESE Once the grains have finished simmering, toss through the peas and ¾ of the chopped mint. Cover with a lid and set aside for 5 minutes until the peas are plump and the grains are cooked. Return the pan to a medium heat with another drizzle of oil. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy. Remove from the pan on completion and set aside to drain on some paper towel.

6. EAT YOUR GREENS Make a bed of rinsed green leaves and spoon over the minty grains. Cover in the cannellini beans, lay over the charred baby marrow, and top with the grilled halloumi. Garnish with the remaining chopped mint, the toasted pumpkin seeds and drizzles of pesto dressing. Now tuck in, Chef!

Nutritional Information

Per 100g

Energy	791kJ
Energy	189Kcal
Protein	8.5g
Carbs	18g
of which sugars	2.2g
Fibre	5.3g
Fat	9.1g
of which saturated	4.3g
Sodium	333mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days