

# **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.

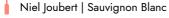
Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Lauren Todd





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#### Ingredients & Prep

100ml Ancient Grain Mix (50ml Pearled Barely & 50ml Spelt)

5ml Vegetable Stock

30ml Pesto Princess Basil Pesto

10ml Lemon Juice

120g

5ml

50g

4g

10g Pumpkin Seeds

Cannellini Beans drained & rinsed

NOMU African Rub

100g Baby Marrow rinsed & sliced into thin strips

Peas

Fresh Mint

rinsed, picked & roughly chopped

80g Halloumi

20g Green Leaves

## rinsed

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 all 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

minutes until crispy and golden. Only shift them occasionally for the best

results. At the halfway mark, stir through 1/2 the African Rub. Season on

a drizzle of oil. When hot, toast the drained cannellini beans for 7-8

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

### **Allergens**

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

Cook within 4 Days