



# UCOOK

## Weber's Golden Halloumi Medley

with fresh basil, red onion & aubergine

This dish will be the centre of conversation around the dinner table, whether you use a Weber braai or oven. Slabs of golden halloumi rests on a bed of brown rice, together with tangy roasted tomato & sweet red onion wedges, browned aubergine halves, and drizzles of basil pesto.

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**Hands-on Time:** 45 minutes

**Overall Time:** 65 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Veggie

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc 2021

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## Ingredients & Prep

|       |                                                           |
|-------|-----------------------------------------------------------|
| 300ml | Brown Rice                                                |
| 60ml  | Pesto Princess Basil Pesto                                |
| 2     | Red Onions<br><i>peeled &amp; cut into wedges</i>         |
| 4     | Tomatoes<br><i>sliced into wedges</i>                     |
| 40ml  | NOMU Provençal Rub                                        |
| 1kg   | Aubergine<br><i>rinsed &amp; trimmed</i>                  |
| 640g  | Halloumi<br><i>sliced lengthways into 1cm thick slabs</i> |
| 15g   | Fresh Basil<br><i>rinsed, picked &amp; roughly torn</i>   |

## From Your Kitchen

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

**1. READY. SET. RICE.** Prepare the oven or the Weber according to the Chef's Tip instructions. Rinse the rice and place in a pot over medium-high heat. Submerge in 800ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork. Loosen the pesto with oil or water in 5ml increments until drizzling consistency. Set aside for serving.

**2. OVEN ROASTING OPTION** Cover a roasting tray with tinfoil. Spread out the onion wedges and the tomato wedges on the tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 25-30 minutes until browned, shifting halfway. Cut the trimmed aubergines in half lengthways. Place a pan, with a lid, over medium-high heat with a drizzle of oil. When hot, add the aubergines (cut-side down), cover with the lid, and fry for 4-5 minutes per side until soft and brown. Remove from the pan and season. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the halloumi slabs and fry for 1-2 minutes per side until crispy and golden. Drain on paper towel.

**3. WEBER BRAAI OPTION** Coat the halloumi slabs in oil. Poke the trimmed aubergines with a few holes and coat in oil and seasoning. Place the tomato wedges and the onion wedges in a tinfoil parcel with the top open. Coat in oil, the rub, and season. Once the coals are ready and your grid is cleaned down, place the whole aubergines on the grid. Braai for 10-15 minutes until soft and blackened, shifting halfway. Place the veg parcel on the grid, tossing occasionally, until cooked through. Place the halloumi slabs over the coolest area of the coals and braai for 2-3 minutes per side until charred. Drain on paper towel (if necessary). Cut the cooked aubergine in half lengthways. Remove the veg from the tinfoil for plating.

**4. A VEGETARIAN FEAST** Plate up the rice. Top with the halloumi, the veg, and the aubergine halves. Drizzle over the loosened pesto and scatter over the torn basil. Enjoy, Chef!



## Chef's Tip

If you're using a charcoal Weber, prepare enough coals for a hot fire. Alternatively, you can also use a Weber Genesis Gas braai to cook this tasty meal. Otherwise, preheat the oven to 200°C.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 618kj   |
| Energy             | 148kcal |
| Protein            | 7.2g    |
| Carbs              | 11g     |
| of which sugars    | 2.6g    |
| Fibre              | 3.5g    |
| Fat                | 8.1g    |
| of which saturated | 5.1g    |
| Sodium             | 212mg   |

## Allergens

Egg, Dairy, Allium, Tree Nuts

Cook  
within  
4 Days