



UCOOK

Halloumi & Baby Marrow Wrap

with yoghurt, hummus & green leaves

A lightly toasted tortilla is smeared with creamy hummus and filled with salty grilled halloumi, Moroccan-spice baby marrow & onion slices, and fresh tomato and cucumber. Add dollops of tangy yoghurt and you've got yourself a new favourite for the weeknight dinner!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

1	Red Onion <i>½ peeled & roughly sliced</i>
150g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
5ml	NOMU Moroccan Rub
80g	Baby Tomatoes <i>halved</i>
50g	Cucumber <i>cut into half-moons</i>
80g	Halloumi <i>sliced lengthways into 1cm thick slabs</i>
1	Flour Tortilla
25ml	Hummus
20g	Green Leaves <i>rinsed & roughly shredded</i>
30ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. KEEP IT MARROW Place a pan over medium heat with a drizzle of oil. When hot, add the sliced onion and the baby marrow chunks. Fry for 5-6 minutes until browned and cooked through, shifting occasionally. In the final minute, add the rub. Remove from the pan, season, and cover to keep warm.

2. PREP STEP In a bowl, combine the halved baby tomatoes, the cucumber half-moons, seasoning, and a drizzle of oil.

3. HALLOU, IS IT MI YOU'RE LOOKING FOR? Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy and golden. Drain on paper towel and cut into bite-sized pieces.

4. TOTALLY TOASTY Return the pan, wiped down, to a medium heat. When hot, dry toast the tortilla for 30-60 seconds per side until heated and lightly crisped.

5. CHOW DOWN TIME! Time to assemble! Smear the hummus over half the tortilla. Top with some of the shredded salad leaves, some of the onion & baby marrow, some of the tomato & cucumber, and some of the halloumi chunks. Dollop over the yoghurt. Wrap it up and serve any remaining fillings on the side. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	457kJ
Energy	109kcal
Protein	5.5g
Carbs	8g
of which sugars	2.1g
Fibre	2.3g
Fat	5.8g
of which saturated	3.6g
Sodium	227mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 2
Days