



UCCOOK

Vegetarian Dukkah Butternut & Halloumi

with a fresh salad & honey-mustard dressing

Excited to try some Egyptian flavours today, Chef? You will be as your palate unwraps the intricate flavours of dukkah-spiced butternut & radish, oven roasted until golden. Crowned with crispy halloumi and sided with a honey & mustard-coated greens & carrot salad. Sprinkled with toasted sunflower seeds for crunch.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ntande Stofile

Fan Faves

 Painted Wolf Wines | The Den Chenin Blanc 2023

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
40g	Radish <i>rinse & slice into quarters</i>
10ml	Egyptian Dukkah
10g	Sunflower Seeds
50g	Edamame Beans
80g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
20ml	Honey-mustard Dressing <i>(10ml Dijon Mustard, 5ml Honey & 5ml Apple Cider Vinegar)</i>

From Your Kitchen

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

1. DUKKAH VEGGIES Boil the kettle. Preheat the oven to 200°C. Spread the butternut pieces and the quartered radish on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 5 minutes, add the dukkah.

2. TOASTED SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. PLUMP BEANS Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. GOLDEN HALLOUMI Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

5. HONEY-MUSTARD SALAD To a bowl, add the shredded leaves, the cucumber half-moons, the carrot matchstick, the plumped beans, the honey-mustard dressing, and seasoning.

6. SET THE TABLE Plate up the roasted veg, side with the dressed salad, top with the golden halloumi, and scatter over the toasted seeds.



Chef's Tip

Air fryer method: Coat the butternut half-moons and the quartered radish in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway). In the final 5 minutes, add the dukkah.

Nutritional Information

Per 100g

Energy	459kJ
Energy	110kcal
Protein	5.2g
Carbs	9g
of which sugars	3.3g
Fibre	2.8g
Fat	5.6g
of which saturated	2.9g
Sodium	125mg

Allergens

Peanuts, Sulphites, Tree Nuts, Soy,
Cow's Milk

Eat
Within
3 Days