

# Haloumi & Roast Beetroot Couscous

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol















Carrot







**Baby Spinach** 



Creamy Pesto Dressing



Flaked Almonds



**Pantry items** 

Olive Oil, Honey, White Wine Vinegar

Prep in: 15-25 mins Ready in: 25-35 mins Couscous, our favourite grain, is back again to star in another dinner winner. Watch squeaky haloumi get golden in the pan, while the roast veggies crisp up in the oven. Top it all off with a dollop of creamy pesto dressing and some flaked almonds for crunch!

# Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

# **Inaredients**

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
haloumi	1 packet	2 packets	
beetroot	1	2	
carrot	1/2	1	
water*	¾ cup	1½ cups	
vegetable stock powder	1 medium sachet	1 large sachet	
couscous	1 medium packet	1 large packet	
honey*	1 tbs	2 tbs	
baby spinach leaves	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
creamy pesto dressing	1 packet (50g)	1 packet (100g)	
flaked almonds	1 medium packet	1 large packet	
haloumi**	1 packet	2 packets	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2872kJ (686Cal)	818kJ (196Cal)
Protein (g)	27g	7.7g
Fat, total (g)	40.8g	11.6g
- saturated (g)	16.1g	4.6g
Carbohydrate (g)	52.2g	14.9g
- sugars (g)	17.9g	5.1g
Sodium (mg)	1641mg	467mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4024kJ (962Cal)	912kJ (218Cal)
Protein (g)	44.1g	10g
Fat, total (g)	63.6g	14.4g
- saturated (g)	30.5g	6.9g
Carbohydrate (g)	53.4g	12.1g
- sugars (g)	18.8g	4.3g
Sodium (mg)	2676mg	607mg

The quantities provided above are averages only.

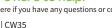
# Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





#### Roast the beetroot

- Preheat oven to 240°C/220°C fan-forced.
- · Cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.
- Cut beetroot into small chunks.
- Place **beetroot** on a lined oven tray. Drizzle with **olive oil** and season with salt and pepper. Toss to coat.
- Roast until tender, 20-25 minutes.

**Custom Recipe:** If you've doubled your haloumi, prepare haloumi as above.



## Cook the haloumi

- When the veggies have **5 minutes** remaining, drain and pat **haloumi** dry.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook haloumi, until golden brown, 2 minutes each side.
- In the last minute of cook time, add the honey to the pan, turning haloumi to coat.

Custom Recipe: Cook haloumi in batches for the best results. Return all cooked haloumi to pan before adding the honey.



## Cook the carrot couscous

- Grate carrot (see ingredients).
- In a medium saucepan, heat a drizzle of olive oil over medium-high heat. Cook carrot, stirring, until softened, 2-3 minutes.
- Add the water (see ingredients) and vegetable stock powder and bring to
- Add **couscous**, stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.



# Serve up

- To the bowl with the couscous, add the roasted beetroot, baby spinach leaves and a drizzle of the white wine vinegar. Toss to combine. Season to taste.
- Divide roasted beetroot couscous between bowls. Top with haloumi, creamy pesto dressing and flaked almonds to serve. Enjoy!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate