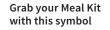


# Golden Haloumi & Lemony Couscous

with Roast Veggies & Mint Yoghurt

CLIMATE SUPERSTAR











Nan's Special Seasoning

Haloumi









**Baby Spinach** Leaves

Lemon







Yoghurt

Vegetable Stock Powder

Golden Goddess

Dressing



Prep in: 20-30 mins Ready in: 35-45 mins

Calorie Smart\* \*Custom Recipe is not Calorie Smart Loaded with lush roast veg and zesty couscous, and brought together with a dollop of mint yoghurt, this golden-crusted haloumi dish is a delight with every bite!

**Pantry items** Olive Oil, Honey

#### 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 · Large frying pan

### Ingredients

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
beetroot	1	2		
carrot	1	2		
Nan's special seasoning	1 medium sachet	2 medium sachets OR 1 large sachet		
haloumi	1 packet	2 packets		
garlic	2 cloves	4 cloves		
mint	1 bag	1 bag		
baby spinach leaves	1 small bag	1 medium bag		
lemon	1/2	1		
Greek-style yoghurt	1 medium packet	1 large packet		
couscous	1 medium packet	1 large packet		
vegetable stock powder	1 medium sachet	1 large sachet		
boiling water*	¾ cup	1½ cups		
honey*	1 tsp	2 tsp		
golden goddess dressing	1 packet	2 packets		
haloumi**	1 packet	2 packets		
*D				

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

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2643kJ (632Cal)	647kJ (155Cal)
Protein (g)	28.5g	7g
Fat, total (g)	31g	7.6g
- saturated (g)	16.1g	3.9g
Carbohydrate (g)	58.5g	14.3g
- sugars (g)	21.6g	5.3g
Sodium (mg)	2081mg	509mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3795kJ</b> (907Cal)	<b>761kJ</b> (182Cal)
Protein (g)	45.6g	9.1g
Fat, total (g)	53.8g	10.8g
- saturated (g)	30.5g	6.1g
Carbohydrate (g)	59.7g	12g
- sugars (g)	22.5g	4.5g
Sodium (mg)	3116mg	625mg

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 veggies

- Preheat oven to 220°C/200°C fan forced.
- Cut beetroot into 1cm chunks.
- · Slice carrot into thin rounds.
- Place prepped veggies on a lined oven tray.
  Drizzle with olive oil, sprinkle with Nan's special seasoning and season with salt and pepper.
  Toss to coat, spread out evenly, then roast until tender, 25-30 minutes.

**TIP:** Betroot stays firm when cooked. It's done when you can pierce it with a fork.



## Get prepped

- Meanwhile, cut haloumi into 1cm-thick slices.
  In a medium bowl, add haloumi and cover with water. Set aside.
- Finely chop garlic.
- Pick and finely slice mint leaves.
- · Roughly chop baby spinach leaves.
- Slice lemon into wedges.

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



### Make the mint yoghurt

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook garlic, stirring, until fragrant, 1 minute. Transfer to a small heatproof bowl.
- Allow to cool for 5 minutes, then stir in the Greek-style yoghurt and half the mint. Season to taste, then set aside.



#### Cook the couscous

 To a large heatproof bowl, add couscous and vegetable stock powder. Add boiling water (¾ cup for 2 people / 1½ cups for 4 people).
 Immediately cover and leave for 5 minutes. Fluff up with a fork and set aside.



# Cook the haloumi

- While couscous is cooking, drain haloumi and pat dry. Return frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, cook haloumi until golden brown, 1-2 minutes each side.
- Remove pan from heat, then add the honey, turning haloumi to coat. Set aside.
- Gently stir the roasted veggies through the couscous, then add baby spinach and a generous squeeze of lemon juice. Stir to combine.

**Custom Recipe:** Cook haloumi, as above, in batches for the best results, returning all haloumi to the pan before adding the honey.



### Serve up

- · Divide lemony couscous between bowls.
- Top with golden haloumi. Spoon over the mint yoghurt. Drizzle over golden goddess dressing.
- Garnish with remaining mint. Serve with any remaining lemon wedges. Enjoy!

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate