



Golden Haloumi & Lemony Couscous

with Roast Veggies & Mint Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Beetroot



Carrot



Nan's Special Seasoning



Haloumi



Garlic



Mint



Baby Spinach Leaves



Lemon



Greek-Style Yoghurt



Couscous



Vegetable Stock Powder



Golden Goddess Dressing



Haloumi

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-crust haloumi dish is a delight with every bite!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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	½	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

*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)	3795kJ (907Cal)	761kJ (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



1



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

4



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.

2



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.

5



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.

3



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.

6



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!

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