



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-crusted 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 | 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 | 1 ½ 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 bite-sized chunks.
- 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

- In a large heatproof bowl, add **couscous** and **vegetable stock powder**. Add the **boiling water** (¾ cup for 2 people / 1 ½ 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 the 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 leaves** and a generous squeeze of **lemon juice**. Stir to combine.

Custom Recipe: Cook haloumi 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!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate