



# Glazed Haloumi & Moroccan Spiced Couscous

with Easy-Prep Veggies, Yoghurt Dressing & Mint

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Cauliflower, Carrot & Zucchini Mix



Chermoula Spice Blend



Couscous



Baby Spinach Leaves



Lemon



Greek-Style Yoghurt



Golden Goddess Dressing



Mint



Haloumi

Prep in: 15-25 mins  
Ready in: 30-40 mins

Imagine a bed of couscous infused with the chermoula spice you love, then topped with honey haloumi and a refreshing veggie medley on top. Now you can stop imagining because here it is, ready for you to devour!

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

### Pantry items

Olive Oil, Butter, 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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
haloumi	1 packet	2 packets
cauliflower, carrot & zucchini mix	1 medium packet	1 large packet
<b>butter*</b>	15g	30g
chermoula spice blend	½ medium sachet	1 medium sachet
<b>water*</b>	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
<b>honey*</b>	1 tbs	2 tbs
Greek-style yoghurt	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets
mint	1 bag	1 bag
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3104kJ (742Cal)	610kJ (146Cal)
Protein (g)	30.3g	6g
Fat, total (g)	42.3g	8.3g
- saturated (g)	20.9g	4.1g
Carbohydrate (g)	58g	11.4g
- sugars (g)	20.6g	4.1g
Sodium (mg)	1733mg	341mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4256kJ (1017Cal)	711kJ (170Cal)
Protein (g)	47.4g	7.9g
Fat, total (g)	65.1g	10.9g
- saturated (g)	35.3g	5.9g
Carbohydrate (g)	59.2g	9.9g
- sugars (g)	21.6g	3.6g
Sodium (mg)	2768mg	462mg

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](https://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 **240°C/220°C fan-forced**. To a medium bowl, add **haloumi** and cover with **water** to soak.
- Place **cauliflower, carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

**Custom Recipe:** If you've doubled your haloumi, divide haloumi between two medium bowls to soak.

3



## Cook the haloumi

- While couscous is cooking, slice **lemon** into wedges. Drain **haloumi** and pat dry. Cut **haloumi** into 1cm-thick slices.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Reduce heat to medium. Add the **honey**, a good squeeze of **lemon juice** and a splash of **water**, turning to coat, **1 minute**.

**Custom Recipe:** Prepare as above. Cook haloumi in batches for the best results. Return all haloumi to pan, add double the amount of honey, lemon and water, turning to coat.

2



## Make the couscous

- When veggies have **10 minutes** remaining, in a medium saucepan, heat the **butter** over medium-high heat.
- Add **chermoula spice blend** (see ingredients) and cook until fragrant, **1 minute**. Add the **water** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Stir through **baby spinach leaves** and fluff up with fork, until wilted and combined.

4



## Serve up

- In a small bowl, combine **Greek-style yoghurt** and **golden goddess dressing**.
- Divide Moroccan-spiced couscous between bowls. Top with roasted veggies and glazed haloumi.
- Drizzle over yoghurt dressing. Tear over **mint** leaves. Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

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