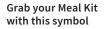


Glazed Haloumi & Moroccan Spiced Couscous

with Easy-Prep Veggies, Yoghurt Dressing & Mint

CLIMATE SUPERSTAR











Haloumi

& Zucchini Mix



Chermoula Spice





Baby Spinach

Lemon





Greek-Style Yoghurt

Golden Goddess Dressing







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!

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

Inaredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
haloumi	1 packet	2 packets	
cauliflower, carrot & zucchini mix	1 medium packet	1 large packet	
butter*	15g	30g	
chermoula spice blend	½ medium sachet	1 medium sachet	
water*	¾ cup	1½ cups	
couscous	1 medium packet	1 large packet	
baby spinach leaves	1 small bag	1 medium bag	
lemon	1/2	1	
honey*	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 Pacine Ingradient			

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.

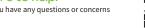
Allergens

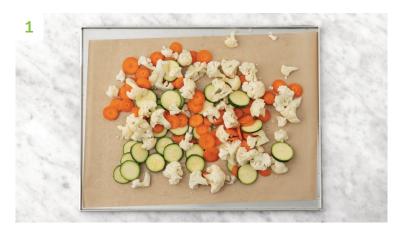
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo 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 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.



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.



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.



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

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

