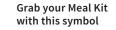


Honey & Thyme Haloumi Couscous with Roast Veggies & Lemon Yoghurt

CLIMATE SUPERSTAR











Zucchini





Vegetable Stock



Couscous

Powder



Baby Spinach



Thyme

Leaves



Lemon



Greek-Style Yoghurt





Prep in: 20-30 mins Ready in: 30-40 mins

Calorie Smart* *Custom recipe is not Calorie Smart

There was complete mayhem when this dish hit our tasting table. With sweet honey and fragrant thyme on warm, salty haloumi, plus roasted veggies and a tasty lemony yoghurt, it disappeared from the bowl in record time. Enjoy!

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 · Medium saucepan with a lid · Large frying pan

Inaredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
haloumi	1 packet	2 packets	
sweet potato	1	2	
zucchini	1	2	
capsicum	1	2	
water*	¾ cup	1½ cups	
vegetable stock powder	1 medium sachet	1 large sachet	
couscous	1 medium packet	1 large packet	
baby spinach leaves	1 small packet	1 medium packet	
thyme	1 packet	1 packet	
lemon	1/2	1	
Greek-style yoghurt	1 medium packet	1 large packet	
honey*	1 tbs	2 tbs	
haloumi**	1 packet	2 packets	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2616kJ (625Cal)	523kJ (125Cal)
Protein (g)	29.5g	5.9g
Fat, total (g)	29.7g	5.9g
- saturated (g)	16.6g	3.3g
Carbohydrate (g)	53.8g	10.8g
- sugars (g)	18.5g	3.7g
Sodium (mg)	1655mg	331mg
Dietary Fibre (g)	8.7g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3768kJ (901Cal)	639kJ (153Cal)
Protein (g)	46.2g	7.8g
Fat, total (g)	50.5g	8.6g
- saturated (g)	31.1g	5.3g
Carbohydrate (g)	55g	9.3g
- sugars (g)	19.7g	3.3g
Sodium (mg)	2816mg	477mg
Dietary Fibre	8.7g	1.5g

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!





Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut haloumi into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with water.
- Cut sweet potato, zucchini and capsicum into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with olive oil and season with a pinch of salt and pepper. Toss to coat. Roast until tender, 25-30 minutes.

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



Cook the couscous

- While the veggies are roasting, in a medium saucepan, combine the water and vegetable **stock powder** 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. Fluff up with fork.



Get prepped

- Meanwhile, roughly chop baby spinach leaves.
- Pick thyme leaves.
- Zest **lemon** to get a generous pinch, then cut into wedges.
- In a small bowl, combine Greek-style yoghurt, lemon zest and a pinch of salt and pepper.



Cook the haloumi

- When the veggies have 5 minutes remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Drain and pat haloumi dry with a paper towel and add to pan. Cook until golden brown, 2 minutes each side.
- · Reduce heat to medium and add the honey and thyme. Cook until fragrant, turning haloumi, 1 minute.

Custom Recipe: Cook haloumi in batches for best results.



Bring it all together

- To the couscous, add roast veggies, spinach, a squeeze of lemon juice and a drizzle of olive oil.
- Gently toss to combine and season to taste with salt and pepper.



Serve up

- Divide roast veggie couscous between plates.
- Top with the honey and thyme haloumi.
- · Dollop over lemon yoghurt.
- · Serve with any remaining lemon wedges. Enjoy!

