



# Honey & Thyme Haloumi Couscous

with Roast Veggies & Lemon Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Sweet Potato



Zucchini



Capsicum



Vegetable Stock Powder



Couscous



Baby Spinach Leaves



Thyme



Lemon



Greek-Style Yoghurt



Haloumi

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!

**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 · 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
sweet potato	1	2
zucchini	1	2
capsicum	1	2
<b>water*</b>	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	½	1
Greek-style yoghurt	1 medium packet	1 large packet
<b>honey*</b>	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](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



## 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 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.



## 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.



## 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**.



## 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**.



## 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!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)