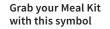


Glazed Haloumi & Moroccan Spiced Couscous

with Roast Veggies, Yoghurt Dressing & Mint

CLIMATE SUPERSTAR















Carrot



Haloumi

Chermoula Spice Blend











Lemon

Baby Spinach





Greek-Style Yoghurt



Golden Goddess Dressing



Prep in: 25-35 mins Ready in: 35-45 mins

Bursting with paprika, cumin and turmeric, our chermoula spice blend makes the perfect coating for squeaky, salty haloumi which works a treat with the naturally sweet roasted veg and zesty couscous.

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

Medium saucepan with a lid \cdot Oven tray lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
red onion	1	2	
beetroot	1	2	
carrot	1	2	
garlic	2 cloves	4 cloves	
haloumi	1 packet	2 packets	
butter*	20g	40g	
chermoula spice blend	½ medium sachet	1 medium sachet	
water*	¾ cup	1½ cups	
couscous	1 medium packet	1 large packet	
tomato	1	2	
lemon	1/2	1	
baby spinach leaves	1 small packet	1 medium packet	
Greek-style yoghurt	1 medium packet	1 large packet	
golden goddess dressing	1 packet	2 packets	
honey*	1 tbs	2 tbs	
mint	1 packet	1 packet	
haloumi**	1 packet	2 packets	
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3336kJ (797Cal)	595kJ (142Cal)
Protein (g)	29.8g	5.3g
Fat, total (g)	42.8g	7.6g
- saturated (g)	22.4g	4g
Carbohydrate (g)	67.7g	12.1g
- sugars (g)	31.3g	5.6g
Sodium (mg)	1881mg	335mg
Dietary Fibre (g)	12.8g	2.3g
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Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4488kJ (1073Cal)	689kJ (165Cal)
Protein (g)	46.5g	7.1g
Fat, total (g)	63.6g	9.8g
- saturated (g)	36.9g	5.7g
Carbohydrate (g)	68.9g	10.6g
- sugars (g)	32.5g	5g
Sodium (mg)	3042mg	467mg
Dietary Fibre	12.8g	2g

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.



Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- · Cut red onion into thick wedges.
- Cut **beetroot** into small chunks.
- Cut carrot into bite-sized chunks.
- Finely chop garlic.
- Place haloumi in a medium bowl, and cover with water to soak.

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



Roast the veggies

- Place prepped veggies on a lined oven tray.
 Drizzle with olive oil, season with salt and pepper and toss to coat.
- Roast until tender, 20-25 minutes.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



Cook the couscous

- While the veggies are roasting, in a medium saucepan, melt the **butter** over medium-high heat.
- Add chermoula spice blend (see ingredients) and cook until fragrant, 30 seconds. 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 all the water has been absorbed,
 5 minutes. Fluff up with a fork.



Finish the couscous

- Finely chop tomato.
- Zest **lemon** to get a pinch, then cut into wedges.
- To saucepan with the couscous, add tomato, baby spinach leaves and lemon zest, stirring to combine.
- In a small bowl, combine Greek-style yoghurt and golden goddess dressing. Season to taste.



Cook the haloumi

- When the roast veggies have 5 minutes remaining, drain haloumi and pat dry. Cut haloumi into 1cm thick slices.
- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 2 minutes on each side.
- In the **last minute** of cook time, add **garlic** and the **honey**, gently turning **haloumi** to coat.

Custom Recipe: Cook haloumi in batches for best results, returning all haloumi to the pan before adding the garlic and the honey.



Serve up

- Divide Moroccan-spiced couscous between bowls.
- Top with glazed haloumi and roasted veggies.
- Drizzle with the yoghurt dressing and tear over mint.
- Serve with lemon wedges. Enjoy!

