



Glazed Haloumi & Moroccan Spiced Couscous

with Roast Veggies, Yoghurt Dressing & Mint

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Red Onion



Beetroot



Carrot



Garlic



Haloumi



Chermoula Spice Blend



Couscous



Tomato



Lemon



Baby Spinach Leaves



Greek-Style Yoghurt



Golden Goddess Dressing



Mint



Haloumi

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.

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

Medium saucepan with a lid · Oven tray lined with baking paper · 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	½	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

*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

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 (g)	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.

1



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.

4



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.

2



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.

5



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.

3



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.

6



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!

We're here to help!

Scan here if you have any questions or concerns

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