

Honey-Thyme Haloumi & Veggie Couscous

with Baby Spinach Leaves & Lemon Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Haloumi



Carrot



Zucchini



Capsicum



Couscous



Baby Spinach Leaves



Thyme



Lemon



Greek-Style Yoghurt



Haloumi



Chicken Breast

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

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
carrot	1	2
zucchini	1	2
capsicum	1	2
water*	¾ cup	1 ½ cup
salt*	¼ tsp	½ tsp
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
honey*	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2635kJ (630Cal)	527kJ (126Cal)
Protein (g)	30.1g	6g
Fat, total (g)	29.7g	5.9g
- saturated (g)	16.6g	3.3g
Carbohydrate (g)	54.3g	10.9g
- sugars (g)	19g	3.8g
Sodium (mg)	1653mg	331mg
Dietary Fibre (g)	8.9g	1.8g

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



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.
- Thinly slice **carrot** into half-moons.
- Cut **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**.

4



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** to coat, **1 minute**.

2



Cook the couscous

- In a medium saucepan, combine the **water** and **salt** 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.

5



Bring it all together

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

3



Get prepped

- While couscous is cooking, 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**.

6



Serve up

- Divide honey-thyme haloumi and veggie couscous between plates.
- Top with a dollop of lemon yoghurt.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

