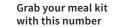
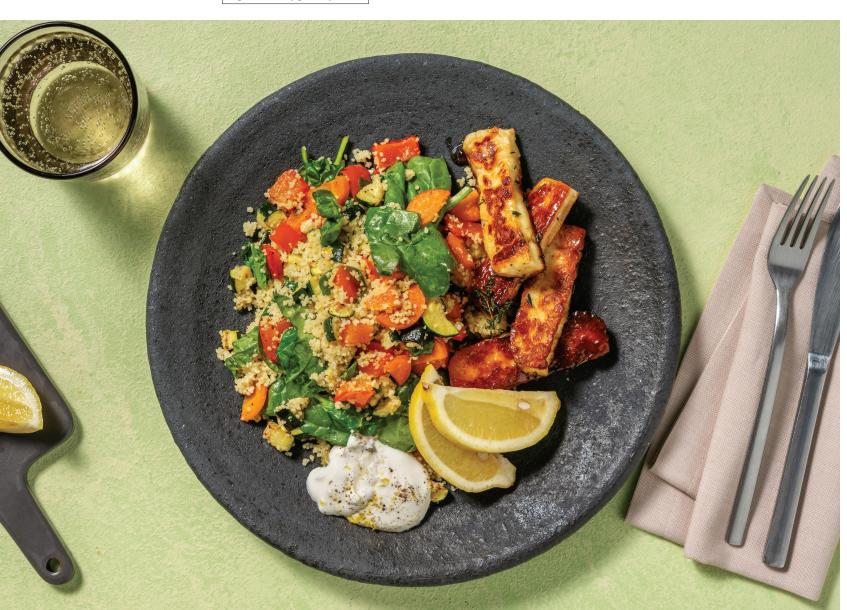


Honey-Thyme Haloumi & Veggie Couscous with Baby Spinach Leaves & Lemon Yoghurt

CLIMATE SUPERSTAR

















Zucchini

Capsicum





Baby Spinach





Lemon

Thyme











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

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 \cdot Medium saucepan with a lid \cdot 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* | 3/4 cup | 1 ½ cup |
| salt* | 1/4 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 | 1/2 | 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.



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.



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.



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.



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.



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.



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!







Follow method above, cooking in batches if necessary.



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.

