

Golden Haloumi & Lime Couscous

with Roast Veggies & Mint Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Beetroot



Carrot



Nan's Special Seasoning



Haloumi



Garlic



Mint



Baby Spinach Leaves



Lime



Greek-Style Yoghurt



Couscous



Golden Goddess Dressing



Haloumi



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart

Loaded with lush roast veg and zesty couscous and brought together with a dollop of mint yoghurt, this golden-crust haloumi dish is a delight with every bite!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
haloumi	1 packet	2 packets
garlic	2 cloves	4 cloves
mint	1 packet	1 packet
baby spinach leaves	1 small packet	1 medium packet
lime	½	1
Greek-style yoghurt	1 medium packet	1 large packet
couscous	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
boiling water*	¾ cup	1½ cups
honey*	1 tsp	2 tsp
golden goddess dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2678kJ (640cal)	303kJ (72cal)
Protein (g)	28.8g	3.3g
Fat, total (g)	29.3g	3.3g
- saturated (g)	16.3g	1.8g
Carbohydrate (g)	58.3g	6.6g
- sugars (g)	22.2g	2.5g
Sodium (mg)	2097mg	237.5mg
Dietary Fibre (g)	11.6g	1.3g

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 **beetroot** into 1cm chunks.
- Slice **carrot** into bite-sized chunks.
- Place **prepped veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Nan's special seasoning** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

4



Cook the couscous

- In a large heatproof bowl, place **couscous** and the **salt**. Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people). Immediately cover and leave for **5 minutes**.
- Fluff up with a fork and set aside.

2



Get prepped

- Meanwhile, cut **haloumi** into 1cm-thick slices.
- In a medium bowl, add **haloumi** and cover with **water**. Set aside.
- Finely chop **garlic**.
- Pick and finely slice **mint** leaves.
- Roughly chop **baby spinach leaves**.
- Slice **lime** into wedges.

5



Cook the haloumi

- While couscous is cooking, drain **haloumi** and pat dry. Return frying pan to medium-high heat
- with a drizzle of **olive oil**. When oil is hot, cook **haloumi** until golden brown, **1-2 minutes** each side.
- Remove pan from heat, then add the **honey**, turning **haloumi** to coat. Set aside.
- Gently stir **roasted veggies** through the couscous, then add **baby spinach leaves** and a generous squeeze of **lime juice**. Stir to combine.

3



Make the mint yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic**, stirring, until fragrant, **1 minute**. Transfer to a small heatproof bowl.
- Allow to cool for **5 minutes**, then stir in the **Greek-style yoghurt** and half the **mint**. Season to taste, then set aside.

6



Serve up

- Divide lime couscous between bowls.
- Top with golden haloumi. Spoon over the mint yoghurt.
- Drizzle over **golden goddess dressing**.
- Garnish with remaining mint.
- Serve with any remaining lime 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.



ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes.

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

