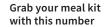


Glazed Haloumi & Moroccan Spiced Couscous

with Roast Veggies, Yoghurt Dressing & Mint

CLIMATE SUPERSTAR

















Carrot





Haloumi

Chermoula Spice







Lemon



Baby Spinach Leaves

Dressing





Greek-Style Yoghurt



Golden Goddess







Pantry items Olive Oil, Butter, 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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

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	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

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
	•	•
Energy (kJ)	3338kJ (798cal)	287kJ (69cal)
Protein (g)	29.8g	2.6g
Fat, total (g)	42.9g	3.7g
- saturated (g)	22.5g	1.9g
Carbohydrate (g)	67.6g	5.8g
- sugars (g)	31.4g	2.7g
Sodium (mg)	1881mg	161.9mg
Dietary Fibre (g)	12.9g	1.1g
Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	42.9g 22.5g 67.6g 31.4g 1881mg	3.7g 1.9g 5.8g 2.7g 161.9mg

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.
- To a medium bowl, place **haloumi** and cover with water to soak.



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 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.



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!







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.

