

Golden Haloumi & Roast Veggie Couscous with Garlic Yoghurt Drizzle

Grab your meal kit with this number

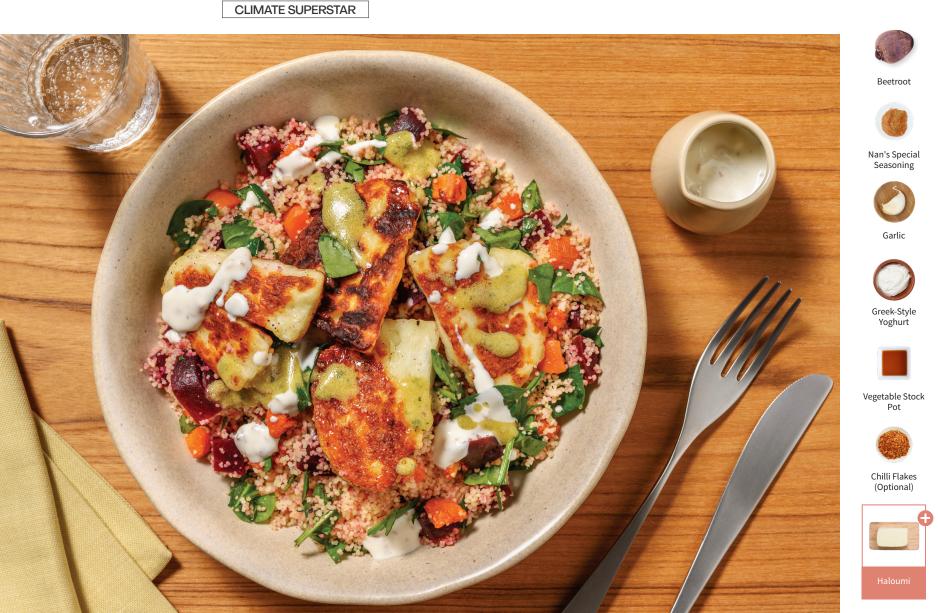


Carrot

Haloumi

Baby Spinach

Leaves



Pantry items Olive Oil, Honey

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

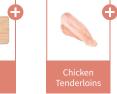
Calorie Smart

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

Couscous



Golden Goddess Dressing



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
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
baby spinach leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
couscous	1 medium packet	1 large packet
vegetable stock pot	1 small packet	1 medium packet
boiling water*	3⁄4 cup	1½ cups
honey*	1 tsp	2 tsp
golden goddess dressing	1 packet	2 packets
chilli flakes ∮ (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2525kJ (656cal)	656kJ (170cal)
Protein (g)	28.2g	7.3g
Fat, total (g)	29g	7.5g
- saturated (g)	16.2g	4.2g
Carbohydrate (g)	56.9g	14.8g
- sugars (g)	20.8g	5.4g
Sodium (mg)	1881mg	488.6mg
Dietary Fibre (g)	8.9g	2.3g

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.



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.



Get prepped

- Meanwhile, cut haloumi into 1cm-thick slices.
- In a medium bowl, add haloumi and cover with water. Set aside.
- Finely chop garlic.
- Roughly chop baby spinach leaves.



Make the garlic 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. Season to taste, then set aside.

Cook the couscous

- To a large heatproof bowl, add couscous and vegetable stock pot. Add the boiling water $(\frac{3}{4} \text{ cup for 2 people} / \frac{1}{2} \text{ cups for 4 people}).$ Immediately cover and leave for 5 minutes.
- Fluff up with a fork and set aside.



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. Stir to combine.



Finish & serve

- Divide roast veggie couscous between bowls.
- Top with golden haloumi. Spoon over the coriander yoghurt.
- Drizzle over golden goddess dressing.
- Sprinkle over chilli flakes (if using) to serve. Enjoy!

We're here to help! Scan here if you have any questions or concerns 2025 | CW02



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DOUBLE HALOUMI Follow method above, cooking in batches if necessary.

ADD CHICKEN TENDERLOINS

each side.

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.

