



# Golden Haloumi & Roast Veggie Couscous

with Garlic Yoghurt Drizzle

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Beetroot



Carrot



Nan's Special Seasoning



Haloumi



Garlic



Baby Spinach Leaves



Greek-Style Yoghurt



Couscous



Vegetable Stock Pot



Golden Goddess Dressing



Chilli Flakes (Optional)



Haloumi



Chicken Tenderloins

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



Loaded with lush roast veg and zesty couscous and brought together with a dollop of garlic 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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>boiling water*</b>	¾ cup	1½ cups
<b>honey*</b>	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](https://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.



## Cook the couscous

- To a large heatproof bowl, add **couscous** and **vegetable stock pot**. 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.



## 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**.



## 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.



## 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.



## 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



### CUSTOM OPTIONS



#### DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.



#### ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.

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

