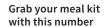
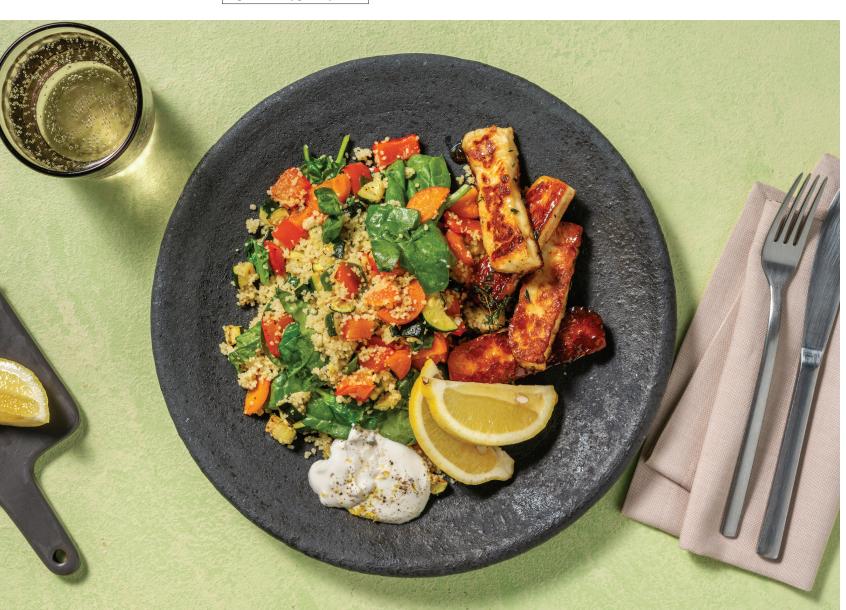


# Honey-Thyme Haloumi & Veggie Couscous with Baby Spinach Leaves & Lemon Yoghurt

CLIMATE SUPERSTAR















Zucchini





Vegetable Stock





**Baby Spinach** Leaves

Thyme





Lemon



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



Calorie Smart

There was complete mayhem when this dish hit our tasting table. With sweet honey and fragrant thyme on warm, salty haloumi, plus roasted veggies and a tasty lemony yoghurt, it disappeared from the bowl in record time. Enjoy!

**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  $\cdot$  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
haloumi	1 packet	2 packets
carrot	1	2
zucchini	1	2
capsicum	1	2
water*	3/4 cup	1½ cups
vegetable stock pot	1 small packet	1 medium packet
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
thyme	1 packet	2 packets
lemon	1/2	1
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
*Pantry Items		

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## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2331kJ (557cal)	821kJ (289cal)
Protein (g)	25.8g	9.1g
Fat, total (g)	28.7g	10.1g
- saturated (g)	16.5g	5.8g
Carbohydrate (g)	47.3g	16.7g
- sugars (g)	12.7g	4.5g
Sodium (mg)	1434mg	504.9mg
Dietary Fibre (g)	5.4g	1.9g

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.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



#### Cook the couscous

- In a medium saucepan, combine the water and vegetable stock pot 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, then add the honey and thyme. Cook, turning haloumi until fragrant, turning haloumi, 1 minute.

if necessary.



## 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.



#### Finish & serve

- Divide honey-thyme haloumi and veggie couscous between plates.
- Top with a dollop of lemon yoghurt.
- Serve with any remaining lemon wedges. Enjoy!

