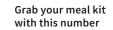


Honey Haloumi & Couscous Salad with Creamy Pesto Dressing & Lemon

CLIMATE SUPERSTAR











Haloumi

Lemon





Thyme





Carrot

Red Radish





Cucumber

Couscous



Creamy Pesto Spinach & Rocket Dressing





Prep in: 15-25 mins Ready in: 25-35 mins



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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
lemon	1/2	1
garlic	2 cloves	4 cloves
thyme	1 packet	2 packets
carrot	1	2
red radish	2	4
cucumber	1	2
water*	¾ cup	1½ cups
couscous	1 packet	2 packets
honey*	1 tsp	2 tsp
spinach & rocket mix	1 medium packet	2 medium packets
creamy pesto dressing	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2666kJ (637Cal)	701kJ (167Cal)
Protein (g)	27.7g	7.3g
Fat, total (g)	39.6g	10.4g
- saturated (g)	16.4g	4.3g
Carbohydrate (g)	39g	10.2g
- sugars (g)	11.5g	3g
Sodium (mg)	1108mg	291mg
Dietary Fibre (g)	11.7g	3.1g

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

- To a medium bowl, add **haloumi** and cover with **water** to soak.
- Zest lemon to get a pinch and slice into wedges.
- Finely chop garlic.
- Pick thyme leaves.
- Grate carrot.
- Thinly slice red radish and cucumber into rounds.



Cook haloumi

- Drain haloumi and pat dry. Cut haloumi into 1cm-thick slices.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.
- Remove from heat, add the **honey**, **thyme leaves**, and a splash of **water**, turning **haloumi** to coat.



Cook couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook carrot until softened, 2 minutes. Add garlic and cook until fragrant, 1 minute.
- Add the water and a good pinch of salt and pepper and bring to the boil.
 Add couscous and stir to combine.
- Cover with a lid and remove from heat. Set aside until all the water is absorbed, 5 minutes.



Finish & serve

- To the couscous, add radish, cucumber, **spinach & rocket mix**, lemon zest, a good squeeze of lemon juice and a drizzle of olive oil. Season to taste.
- Divide couscous between bowls, then top with haloumi.
- · Drizzle over creamy pesto dressing.
- · Serve with any remaining lemon wedges. Enjoy!



if necessary.

