



# Honey Haloumi & Couscous Salad

with Creamy Pesto Dressing & Lemon

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Haloumi



Lemon



Garlic



Thyme



Carrot



Red Radish



Cucumber



Couscous



Spinach & Rocket Mix



Creamy Pesto Dressing



Chicken Breast



Haloumi

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

Calorie Smart

Sometimes only a big bowl of our favourite couscous will do! The grain so nice that they named it twice, will provide the best base for honey haloumi. With veggies aplenty and pesto sauce, this one gets 5 stars from us!

### 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
haloumi	1 packet	2 packets
lemon	½	1
garlic	2 cloves	4 cloves
thyme	1 packet	2 packets
carrot	1	2
red radish	2	4
cucumber	1	2
<b>water*</b>	¾ cup	1½ cups
couscous	1 packet	2 packets
<b>honey*</b>	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](https://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!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



### CUSTOM OPTIONS



#### ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



#### DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.

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

