



ROASTED DUTCH CARROT & BASIL HALOUMI

with Spiced Couscous & Almonds



Add a spice mix to your couscous for extra flavour



Dutch Carrots



Zucchini



Red Onion



Baby Spinach Leaves



Lemon



Vegetable Stock



Couscous



Souk Market Spice Blend



Slivered Almonds



Basil Haloumi

Hands-on: 20 mins
Ready in: 30 mins

The medley of brightly coloured veg and big flavours like Middle Eastern spices, lemon and honey is super filling while still feeling fresh and light. Crunchy slivered almonds top off a dish whose star really is basil-infused haloumi - it's outrageously good!

Pantry Staples: Olive Oil, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **medium frying pan**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **Dutch carrots** and scrub them clean. Cut the **zucchini** into 1cm chunks. Cut the **red onion** into 2cm wedges. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get **1/4 tsp for 2 people / 1/2 tsp for 4 people**.

TIP: Cut the veg to the correct size so they cook in the allocated time.



2 ROAST THE VEGGIES

Place the **carrots, zucchini** and **red onion** on an oven tray lined with baking paper and **drizzle** with **olive oil**. Season with **salt** and **pepper** and toss to coat. Arrange in a single layer and roast for **20-25 minutes**, or until golden and tender. **TIP:** *Haloumi is salty, so the veggies don't need much salt!*



3 MAKE THE COUSCOUS

While the veggies are roasting, bring the **water** and the crumbled **vegetable stock (1/2 cube for 2 people / 1 cube for 4 people)** to the boil in a medium saucepan. Add the **couscous, lemon zest, Souk Market spice blend** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside for **5 minutes**, or until the water is absorbed. Stir through the **baby spinach leaves**, fluff up the couscous with a fork and set aside.



4 MAKE THE LEMON-HONEY DRESSING

While the **couscous** is cooking, combine the **honey**, a **good drizzle** of **olive oil** and a **generous squeeze** of **lemon juice** in a small bowl.



5 COOK THE HALOUMI

Heat a medium frying pan over a medium-high heat. Add the **slivered almonds** and toast, stirring occasionally for **3-4 minutes**, or until golden. Transfer to a plate. Cut the **basil haloumi** into 1cm slices. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the haloumi and cook for **2 minutes** on each side, or until golden brown.



6 SERVE UP

Divide the spiced couscous, roast veggies and basil haloumi between plates. Drizzle with the lemon-honey dressing and top with slivered almonds.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Dutch carrots	1 bunch	2 bunches
zucchini	1	2
red onion	1	2
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
lemon	1	2
water*	¾ cup	1½ cups
vegetable stock	½ cube	1 cube
couscous	1 packet	2 packets
Souk Market spice blend	½ sachet	1 sachet
honey*	2 tsp	1 tbs
slivered almonds	1 packet	2 packets
basil haloumi	1 block	2 blocks

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2690kJ (642Cal)	584kJ (140Cal)
Protein (g)	31.7g	6.9g
Fat, total (g)	30.6g	6.7g
- saturated (g)	14.4g	3.1g
Carbohydrate (g)	55.6g	12.1g
- sugars (g)	16.3g	3.6g
Sodium (g)	1040mg	226mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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