

ROASTED DUTCH CARROT & BASIL HALOUMI

with Spiced Couscous & Almonds





Add a spice mix to your couscous for extra flavour



Dutch Carrots



Duten carrots



ed Onion



n Baby Spinach



omon



Vegetable Stock



Couscous



Souk Mar Spice Ble

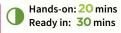


Slivered Almonds



Basil Haloumi

Pantry Staples: Olive Oil, Honey



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!

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



Preheat the oven to 220°C/200°C fanforced. 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.



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!



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 (see ingredients list) 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.



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.



COOK THE HALOUMI

Heat a medium frying pan over a mediumhigh 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.



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**

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