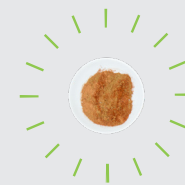




Roast Dutch Carrot & Basil Haloumi Spiced Couscous with Lemon-Honey Dressing



Add a spice mix to your
couscous for extra flavour



Zucchini



Dutch Carrots



Basil Haloumi



Slivered Almonds



Couscous



Vegetable Stock



Lemon



Red Onion



Souk Market Spice Blend

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 of 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** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, medium saucepan** with lid, **fork, small bowl, medium frying pan** and **tongs**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops off the **Dutch carrots**, scrub them clean and cut any longer carrots in half. Cut the **zucchini** into 1 cm thick batons. Cut the **red onion** into 2 cm thick wedges.



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 a **pinch** of **salt** and **pepper** and toss to coat. Arrange in a single layer and bake in the oven for **20-25 minutes**, or until golden and tender.



3 COOK THE COUSCOUS

While the veggies are cooking, add the **water** (**check ingredients list for the amount**) to a medium saucepan, crumble in the **vegetable stock** cube (**use suggested amount**) and bring to the boil. Add in the **couscous, souk market spice blend** (**use suggested amount**) and a **drizzle of olive oil**. Stir to combine, place a lid on the saucepan and remove from the heat. Leave to rest for **5 minutes**, or until all the water is absorbed. Fluff the couscous up with a fork and set aside.



4 MAKE THE LEMON-HONEY DRESSING

While the couscous is cooking, juice the **lemon** to get **1 tbs for 2 people / 2 tbs for 4 people**. In a small bowl, combine the lemon juice, **honey**, a **good drizzle** of **olive oil** and a **pinch** of **salt** and **pepper** and mix well.



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. Set aside on a plate. Slice the **basil haloumi** into 1 cm 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 over the lemon-honey dressing and sprinkle over the slivered almonds to finish.

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
water*	1 cup	2 cups
vegetable stock	½ cube	1 cube
couscous	1 packet (½ cup)	2 packets (1 cup)
souk market spice blend	½ sachet (2 tsp)	1 sachet (1 tbs)
lemon	1	2
honey*	2 tsp	1 tbs
slivered almonds	1 packet	2 packets
basil haloumi	1 block (180 g)	2 blocks (360 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2480kJ (592Cal)	440kJ (105Cal)
Protein (g)	29.8g	5.3g
Fat, total (g)	26.6g	4.7g
- saturated (g)	14.1g	2.5g
Carbohydrate (g)	54.7g	9.7g
- sugars (g)	15.0g	2.7g
Sodium (g)	1030mg	183mg

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

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

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

Hello@HelloFresh.com.au

2018 | WK13

