



ROAST CARROT & BASIL HALOUMI COUSCOUS

with Lemon Dressing



Add a spice mix to your couscous for extra flavour



Dutch Carrots



Zucchini



Red Onion



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** before you use them!! You will need: **chef's knife, chopping board, fine grater, oven tray lined with baking paper, medium saucepan with a lid, fork, small bowl** and **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. **TIP:** *Cut the veg to the correct size so they cook in the allocated time.* Zest the **lemon** to get **1/4 tsp for 2 people / 1/2 tsp for 4 people**.



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. **TIP:** *Haloumi is salty, so the veggies don't need much salt!* Arrange in a single layer and roast for **20-25 minutes**, or until golden and tender.



3 COOK THE COUSCOUS

While the veggies are roasting, bring the **water** (see ingredients list) 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. Fluff up the couscous with a fork and set aside.



4 MAKE THE LEMON 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 cook, stirring occasionally for **3-4 minutes**, or until golden and toasted. 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 dressing and top with toasted 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
lemon	1	2
water*	1 cup	2 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 (180 g)	2 blocks (360 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2670kJ (637Cal)	600kJ (143Cal)
Protein (g)	31.1g	7.0g
Fat, total (g)	30.5g	6.9g
- saturated (g)	14.4g	3.2g
Carbohydrate (g)	55.3g	12.4g
- sugars (g)	16.2g	3.7g
Sodium (g)	1030mg	231mg

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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