

Golden Haloumi & Baby Carrots

with Spiced Couscous

Grab your Meal Kit with this symbol



Baby Carrots



Beetroot



Red Onion



Dukkah



Haloumi



Garlic



Baby Spinach Leaves



Chermoula Spice Blend



Vegetable Stock Powder



Couscous



Golden Goddess Dressing

 Hands-on: 20-30 mins
Ready in: 30-40 mins

They say to eat the rainbow, so we've created this colourful bowl full of veggie goodness. The best part? The golden and slightly crispy haloumi slices that make every bite of this meal simply delicious.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper ·
Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby carrots	1 bag	2 bags
beetroot	1	2
red onion	1	2
dukkah	1 medium sachet	1 large sachet
haloumi	1 packet	2 packets
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
butter*	20g	40g
chermoula spice blend	½ sachet	1 sachet
water*	¾ cup	1½ cup
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3108kJ (742Cal)	666kJ (159Cal)
Protein (g)	30.3g	6.5g
Fat, total (g)	41.4g	8.9g
- saturated (g)	20.7g	4.4g
Carbohydrate (g)	57.8g	12.4g
- sugars (g)	19.6g	4.2g
Sodium (mg)	2242mg	481mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Trim the green tops from the **baby carrots** and scrub the **carrots** clean. Cut the **beetroot** into small chunks. Cut the **red onion** into wedges. Place the **veggies** on a lined oven tray, sprinkle with the **dukkah** and drizzle with **olive oil**. Toss to coat. Spread out evenly and roast until tender, **20-25 minutes**.

2



Get prepped

While the veggies are roasting, pat the **haloumi** dry with a paper towel and cut into 1cm slices. Finely chop the **garlic**. Roughly chop the **baby spinach leaves**.

3



Cook the couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and **chermoula spice blend** (see ingredients) and cook until fragrant, **1 minute**. Add the **water** and the **vegetable stock powder** and bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.

4



Cook the haloumi

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **haloumi** and cook until golden brown, **1-2 minutes** each side.

5



Finish the couscous

When the couscous is finished, stir through the **spinach**.

6



Serve up

Divide the spiced couscous between plates. Top with the roasted baby carrots, veggies and haloumi slices. Drizzle over the **golden goddess dressing**.

Enjoy!

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