



Golden Haloumi & Lemony Couscous

with Roast Veggies & Mint Yoghurt

Grab your Meal Kit with this symbol



Beetroot



Carrot



Garlic & Herb Seasoning



Garlic



Mint



Baby Spinach Leaves



Lemon



Vegetable Stock Powder



Couscous



Golden Goddess Dressing



Haloumi



Greek-Style Yoghurt

Prep in: 20-30 mins
Ready in: 35-45 mins



Loaded with lush roast veg and zesty couscous, and brought together with a dollop of mint yoghurt, this golden-crust haloumi dish is a delight with every bite!

Pantry items

Olive Oil, Honey

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 · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
garlic & herb seasoning	1 medium sachet	2 medium sachets
haloumi	1 packet	2 packets
garlic	2 cloves	4 cloves
mint	1 bag	1 bag
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
honey*	2 tsp	4 tsp
golden goddess dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2713kJ (648Cal)	669kJ (160Cal)
Protein (g)	28.7g	7.1g
Fat, total (g)	31g	7.6g
- saturated (g)	16.1g	4g
Carbohydrate (g)	60.6g	14.9g
- sugars (g)	22.2g	5.5g
Sodium (mg)	2058mg	508mg

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 oven to **220°C/200°C fan forced**.
- Cut **beetroot** into small chunks. Slice **carrot** into thick rounds.
- Place prepped **veggies** and **garlic & herb seasoning** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer, then roast until tender, **25-30 minutes**.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.

4



Cook the couscous

- In a medium saucepan, combine the **water** and **vegetable stock powder** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until all the **water** is absorbed, **5 minutes**. Fluff up with a fork.

2



Get prepped

- Meanwhile, cut **haloumi** into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with **water**. Set aside.
- Finely chop **garlic**. Pick and finely slice **mint** leaves. Roughly chop **baby spinach** leaves. Finely zest **lemon** to get a generous pinch, then slice into wedges.

5



Cook the haloumi

- While **couscous** is cooking, drain **haloumi** and pat dry. Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook haloumi until golden brown, **1-2 minutes** each side.
- Remove pan from heat, then add the **honey**, turning haloumi to coat. Set aside.
- Gently stir the roasted **veggies** through the **couscous**, then add **baby spinach**, **lemon zest** and a generous squeeze of **lemon juice**. Stir to combine.

3



Make the mint yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic**, stirring, until fragrant, **1 minute**. Transfer to a small heatproof bowl.
- Allow to cool for **5 minutes**, then stir in the **Greek-style yoghurt** and 1/2 the **mint**. Season to taste, then set aside.

6



Serve up

- Divide lemony couscous between bowls. Top with golden haloumi. Spoon over the mint yoghurt. Drizzle over **golden goddess dressing**.
- Garnish with remaining mint. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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