

# Haloumi & Roast Capsicum Couscous

with Creamy Pesto Dressing

Grab your Meal Kit  
with this symbol



Capsicum



Carrot



Vegetable Stock  
Powder



Couscous



Baby Spinach  
Leaves



Flaked Almonds



Haloumi



Creamy Pesto  
Dressing

Prep in: **15-25 mins**  
Ready in: **25-35 mins**



Couscous, our favourite grain, is back again to star in another dinner winner. Watch squeaky haloumi get golden in the pan, while the roast veggies crisp up in the oven. Top it all off with a dollop of creamy pesto dressing and some flaked almonds for crunch!

## Pantry items

Olive Oil, White Wine Vinegar

## 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 a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
haloumi	1 packet	2 packets
carrot	½	1
<b>water*</b>	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2712kJ (648Cal)	858kJ (205Cal)
Protein (g)	26.1g	8.3g
Fat, total (g)	40.9g	12.9g
- saturated (g)	16.1g	5.1g
Carbohydrate (g)	43.1g	13.6g
- sugars (g)	8.8g	2.8g
Sodium (mg)	1575mg	498mg

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](https://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**.
- Roughly chop **capsicum**. Cut **haloumi** into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with **water**.
- Place **capsicum** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

3



## Cook the haloumi

- When the veggies have **5 minutes** remaining, drain and pat **haloumi** dry.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **haloumi**, until golden brown, **2 minutes** each side.

2



## Cook the couscous

- Grate **carrot** (see ingredients). In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**.
- Add the **water** and **vegetable stock powder** and bring to the boil.
- Add **couscous**, stir to combine. Cover with a lid and remove from the heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.

4



## Serve up

- To the bowl with the couscous, add the roasted capsicum, **baby spinach leaves** and a small drizzle of **white wine vinegar**. Toss to combine. Season to taste.
- Divide roast capsicum and couscous between bowls. Top with haloumi, **creamy pesto dressing** and **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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