

Haloumi & Roast Capsicum Couscous

with Creamy Pesto Dressing













Vegetable Stock Powder

Couscous





Baby Spinach

Flaked Almonds





Haloumi

Creamy Pesto

Dressing



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



Calorie Smart

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
capsicum	1	2	
haloumi	1 packet	2 packets	
carrot	1/2	1	
water*	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	
white wine vinegar*	drizzle	drizzle	
creamy pesto dressing	1 packet (50g)	1 packet (100g)	
flaked almonds	1 medium packet	1 large packet	

*Pantry Items

Nutrition

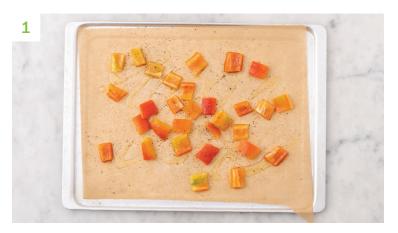
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2712kJ (648Cal)	858kJ (205Cal)
Protein (g)	26.1g	8.3g
Fat, total (g)	40.9g	12.9g
- saturated (g)	16.1g	5.1g
Carbohydrate (g)	43.1g	13.6g
- sugars (g)	8.8g	2.8g
Sodium (mg)	1575mg	498mg

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



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.



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.



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.



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!

