



Honey & Thyme Haloumi Couscous

with Roast Veggies & Lemon Yoghurt

Grab your Meal Kit with this symbol



Carrot



Zucchini



Sweet Potato



Vegetable Stock Powder



Couscous



Baby Spinach Leaves



Thyme



Lemon



Haloumi



Greek-Style Yoghurt

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **20-30 mins**
Ready in: **30-40 mins**



There was complete mayhem when this dish hit our tasting table. With sweet honey and fragrant thyme on warm, salty haloumi, plus roasted veggies and a tasty lemony yoghurt, it disappeared from the bowl in record time. Enjoy!

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 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
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
carrot	1	2
zucchini	1	2
sweet potato	1	2
water*	¾ cup	1 ½ 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
thyme	1 bag	1 bag
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2591kJ (619Cal)	554kJ (132Cal)
Protein (g)	28.5g	6.1g
Fat, total (g)	30.9g	6.6g
- saturated (g)	16.4g	3.5g
Carbohydrate (g)	54.6g	11.7g
- sugars (g)	19.7g	4.2g
Sodium (mg)	1543mg	330mg

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 **haloumi** into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with **water**.
- Thinly slice **carrot** into half-moons. Cut **zucchini** and **sweet potato** into bite-sized chunks.
- Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with a pinch of **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.

4



Cook the haloumi

- When the veggies have **5 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Drain and pat the **haloumi** dry with a paper towel and add to pan. Cook until golden brown, **2 minutes** each side.
- Reduce heat to medium and add the **honey** and **thyme**. Cook, turning haloumi, until fragrant **1 minute**.

2



Cook the couscous

- Meanwhile 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 the water is absorbed, **5 minutes**. Fluff up with fork.

5



Bring it all together

- To the **couscous**, add roast **veggies**, **spinach**, a squeeze of **lemon juice** and a drizzle of **olive oil**.
- Gently toss to combine and season to taste with **salt** and **pepper**.

3



Get prepped

- While couscous is cooking, roughly chop **baby spinach leaves**. Pick **thyme** leaves. Zest **lemon** to get a generous pinch, then cut into wedges.
- In a small bowl, combine **Greek-style yoghurt**, **lemon zest** and a pinch of **salt** and **pepper**.

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead.

6



Serve up

- Divide roast veggie couscous between plates. Top with the honey and thyme haloumi. Dollop over lemon yoghurt. 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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