



Quick Herbed Honey & Sesame Haloumi

with Golden Goddess Roast Veggie Couscous

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Carrot



Lemon



Garlic & Herb Seasoning



Vegetable Stock Powder



Couscous



Dried Oregano



Sesame Seeds



Salad Leaves



Haloumi



Golden Goddess Dressing



Garlic Sauce

Prep in: 10-20 mins
Ready in: 25-35 mins

There was complete mayhem when this dish hit our tasting table. With sweet, sticky honey on warm, salty haloumi, plus a citrus-spiked herby dressing for the veggies and couscous to cut the richness, meet your new go-to dinner.

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 saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
carrot	1	2
lemon	½	1
haloumi	1 packet	2 packets
garlic & herb seasoning	½ medium sachet	1 medium sachet
golden goddess dressing	1 packet	2 packets
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
dried oregano	½ sachet	1 sachet
sesame seeds	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag
garlic sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3476kJ (830Cal)	646kJ (154Cal)
Protein (g)	30.6g	5.7g
Fat, total (g)	42.3g	7.9g
- saturated (g)	16.1g	3g
Carbohydrate (g)	78.4g	14.6g
- sugars (g)	30g	5.6g
Sodium (mg)	2131mg	396mg

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.

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1



Roast the veggies & get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into small chunks. Cut **capsicum** and **carrot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, zest **lemon** to get a good pinch, then slice into wedges.
- Slice **haloumi** into 1cm-slices. In a medium bowl, combine a drizzle of **olive oil** and the **garlic & herb seasoning** (see ingredients). Add **haloumi**, tossing to coat.
- In a small bowl, combine a squeeze of **lemon**, the **lemon zest**, a drizzle of **olive oil** and the **golden goddess dressing**. Season, then set aside.

3



Cook the haloumi & finish the couscous

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Remove pan from heat. Add the **honey**, **dried oregano** (see ingredients) and **sesame seeds**, turning **haloumi** to coat. Set aside.
- To the couscous pan, add roasted **veggies**, the **salad leaves** and the **dressing mixture**. Gently toss to coat. Season to taste.

2



Cook the couscous

- In a large saucepan, combine the **water** and **vegetable stock powder**.
- Bring to the boil, then add **couscous**. Stir to combine, then cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**.
- Fluff **couscous** up with a fork. Set aside.

4



Serve up

- Divide lemony roasted veggie couscous between bowls.
- Top with herbed honey and sesame haloumi, spooning over any extra glaze from the pan.
- Serve with a dollop of **garlic sauce** and any remaining lemon wedges. Enjoy!

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