



# Honey-Sesame Herbed Haloumi

with Roast Veggie Couscous

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Carrot



Garlic & Herb Seasoning



Haloumi



Vegetable Stock Powder



Couscous



Sesame Seeds



Italian Herbs



Spinach & Rocket Mix



Green Dressing



Mayonnaise



Chicken Breast

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

Eat Me Early\*  
*\*Custom Recipe only*

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

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
zucchini	1	2
carrot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
haloumi	1 packet	2 packets
<b>water*</b>	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
<b>honey*</b>	1 tbs	2 tbs
sesame seeds	1 medium sachet	1 large sachet
Italian herbs	½ medium sachet	1 medium sachet
spinach & rocket mix	1 small bag	1 medium bag
green dressing	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3472kJ (830Cal)	663kJ (158Cal)
Protein (g)	30.8g	5.9g
Fat, total (g)	45.7g	8.7g
- saturated (g)	16.6g	3.2g
Carbohydrate (g)	72.3g	13.8g
- sugars (g)	26g	5g
Sodium (mg)	2202mg	421mg
Dietary Fibre (g)	24.3g	4.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4208kJ (1006Cal)	611kJ (146Cal)
Protein (g)	65.7g	9.5g
Fat, total (g)	49.5g	7.2g
- saturated (g)	17.8g	2.6g
Carbohydrate (g)	72.3g	10.5g
- sugars (g)	26g	3.8g
Sodium (mg)	2281mg	331mg

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.

## We're here to help!

Scan here if you have any questions or concerns



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## Roast the veggies & get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into small chunks. Cut **zucchini** and **carrot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **garlic & herb seasoning** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, slice **haloumi** into 1cm-slices. In a medium bowl, add **haloumi** and cover with water.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.

3



## Cook the haloumi

- Drain **haloumi** and pat dry. In a small bowl, mix the **honey**, **sesame seeds** (**see ingredients**), **Italian herbs** (**see ingredients**) and a splash of **water**.
- 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 frying pan from heat. Add the **honey mixture**, turning **haloumi** to coat. Set aside.
- To the couscous pan, add **roasted veggies**, **spinach & rocket mix**, **green dressing** and a drizzle of **olive oil**. Gently toss to coat. Season.

**Custom Recipe:** In large frying pan, heat drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to couscous pan, along with the roasted veggies.

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 roasted veggie couscous between bowls.
- Top with honey-sesame herbed haloumi, spooning over any extra glaze from the pan.
- Serve with a dollop of **mayonnaise**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)