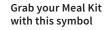


Honey-Sesame Herbed Haloumi with Roast Veggie Couscous

CLIMATE SUPERSTAR









Sweet Potato





Carrot







Haloumi

Vegetable Stock





Couscous





Italian Herbs



Spinach & Rocket



Green Dressing







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.

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

Inaredients

9		
	2 People	4 People
olive oil*	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
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
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 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

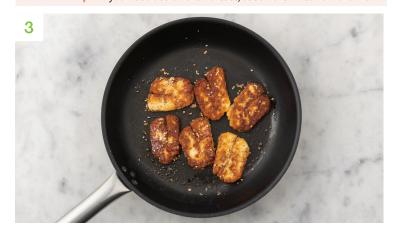




Roast the veggies & get prepped

- 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.



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.



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.



Serve up

- Divide roasted veggie couscous between bowls.
- Top with honey-sesame herbed haloumi, spooning over any extra glaze from
- 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