



Moroccan Haloumi & Roast Veggie Tagine

with Couscous & Yoghurt

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Parsnip



Onion



Chermoula Spice Blend



Couscous



Vegetable Stock Powder



Haloumi/Grill Cheese



Moroccan Curry Paste



Baby Spinach Leaves



Roasted Almonds



Greek-Style Yoghurt



Haloumi/Grill Cheese

Recipe Update

Unfortunately, this week's pistachios were in short supply, so we've replaced them with almonds. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 30-40 mins

This dinner should come with its own custom welcome sign because it's beckoning us to sit down, relax and enjoy the vibrant and warm flavours of Moroccan spices, roast veggies and fluffy couscous. We accept with open mouths.

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

Pantry items

Olive Oil, Butter

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
onion	1 (medium)	1 (large)
chermoula spice blend	1 sachet	1 sachet
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
butter* (for the couscous)	20g	40g
boiling water*	¾ cup	1½ cups
haloumi/ grill cheese	1 packet	2 packets
Moroccan curry paste	1 medium packet	1 large packet
water*	½ cup	1 cup
baby spinach leaves	1 medium bag	1 large bag
butter* (for the sauce)	20g	40g
roasted almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
haloumi/ grill cheese**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3748kJ (896Cal)	792kJ (189Cal)
Protein (g)	38.4g	8.1g
Fat, total (g)	52.8g	11.2g
- saturated (g)	26.9g	5.7g
Carbohydrate (g)	71.5g	15.1g
- sugars (g)	20.3g	4.3g
Sodium (mg)	2216mg	468mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5125kJ (1225Cal)	881kJ (211Cal)
Protein (g)	59.5g	10.2g
Fat, total (g)	79.7g	5.4g
- saturated (g)	46.8g	8g
Carbohydrate (g)	72.9g	12.5g
- sugars (g)	20.7g	3.6g
Sodium (mg)	3497mg	601mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/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



2023 | CW27

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **parsnip** into bite-sized chunks. Cut **onion** into wedges.
- Place **carrot, parsnip** and **onion** on a lined oven tray. Sprinkle with **chermoula spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly and roast until tender, **20-25 minutes**.

4



Start the tagine

- Return the frying pan to medium heat with a drizzle of **olive oil**.
- Cook **Moroccan curry paste** until fragrant, **1 minute**.
- Stir in the **water** and cook until slightly thickened, **1-2 minutes**.

2



Cook the couscous

- When the veggies have **15 minutes** remaining, boil the kettle.
- In a medium heatproof bowl, place **couscous**, **vegetable stock powder** and **butter (for the couscous)**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

5



Bring it all together

- To the **sauce**, add roast **veggies, haloumi, baby spinach leaves** and **butter (for the sauce)**. Stir to combine and season to taste.
- Roughly chop **roasted almonds**.

3



Cook the haloumi

- Cut **haloumi** into bite-sized chunks.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **haloumi**, tossing occasionally, until golden brown, **2-4 minutes**. Transfer to a plate.

Custom Recipe: If you've doubled your haloumi, heat pan as above. Cook haloumi in batches for the best result.

6



Serve up

- Divide couscous between bowls.
- Top with Moroccan haloumi and roast veggie tagine.
- Spoon over **Greek-style yoghurt** and garnish with almonds to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate