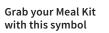


Moroccan Haloumi & Roast Veggie Tagine

with Couscous & Yoghurt

EXPLORER

CLIMATE SUPERSTAR















Chermoula Spice







Couscous

Vegetable Stock



Haloumi/



Moroccan Curry

Paste

Grill Cheese



Baby Spinach Leaves



Roasted Almonds

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!



Greek-Style Yoghurt

Haloumi/ Grill Chees

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. **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 | | |
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^{*}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

Scan here if yo



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.



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.



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.



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.



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.



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!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate