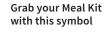


CLIMATE SUPERSTAR













Chermoula Spice



Blend





Lemon





Turkish Sumac



Yoghurt

Seasoning



Vegetable Stock Powder



Couscous



**Baby Spinach** Leaves

Recipe Update Unfortunately, this week's thyme was in short supply, so we've replaced it with sumac seasoning. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!





Ready in: 30-40 mins

**Pantry items** 

### 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 · Medium saucepan with a lid

### Ingredients

3		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
chermoula spice blend	1 sachet	1 sachet
garlic	2 cloves	4 cloves
lemon	1/2	1
haloumi/ grill cheese	1 packet	2 packets
honey*	1 tbs	2 tbs
Turkish sumac seasoning	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
haloumi/ grill cheese**	1 packet	2 packets

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2681kJ (641Cal)	656kJ (157Cal)
Protein (g)	33.5g	8.2g
Fat, total (g)	30.1g	7.4g
- saturated (g)	18.3g	4.5g
Carbohydrate (g)	60.4g	14.8g
- sugars (g)	16.2g	4g
Sodium (mg)	1960mg	480mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>4010kJ</b> (958Cal)	789kJ (189Cal)
Protein (g)	55.5g	10.9g
Fat, total (g)	55.1g	12.2g
- saturated (g)	34.9g	6.9g
Carbohydrate (g)	62.2g	12.2g
- sugars (g)	17.4g	3.4g
Sodium (mg)	2960mg	582mg

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

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# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot and parsnip into bite-sized chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil, sprinkle over chermoula spice blend and season with salt. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



### Get prepped

- While the veggies are roasting, finely chop garlic. Zest lemon to get a pinch, then slice into wedges.
- · Cut haloumi into 1cm-thick slices.
- In a small bowl, combine the honey, lemon zest,
   Turkish sumac seasoning and a squeeze of lemon juice.

**Custom Recipe:** If you've doubled your haloumi, prep in the same way as above.



### Make the garlic yoghurt

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook garlic until fragrant, 1 minute.
- Transfer garlic oil to a second small bowl, then add Greek-style yoghurt and stir to combine.
   Season to taste.



### Cook the couscous

- In a medium saucepan, combine the water and vegetable stock powder and bring to the boil.
- Add couscous and stir through baby spinach leaves to combine. Cover with a lid and remove from heat.
- Set aside until water has absorbed, **5 minutes**. Fluff up with a fork.
- When done, gently stir roasted veggies through couscous.



## Cook the haloumi

- When the veggies have 5 minutes remaining, return the frying pan to medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side.
- Reduce heat to medium, then add the honey-sumac glaze. Cook, turning haloumi to coat, until fragrant, 1-2 minutes.

**Custom Recipe:** Cook haloumi in batches for the best result. Return all haloumi to the pan before adding the honey-sumac glaze.



### Serve up

- Divide chermoula veggie couscous between plates. Top with honey and sumac-coated haloumi.
- Spoon over any remaining glaze from the pan.
- Drizzle with garlic yoghurt to serve. Enjoy!



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

