



# Honey & Sumac-Coated Haloumi

with Chermoula Veggie Couscous & Garlic Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Parsnip



Chermoula Spice Blend



Garlic



Lemon



Haloumi/Grill Cheese



Turkish Sumac Seasoning



Greek-Style Yoghurt



Vegetable Stock Powder



Couscous



Baby Spinach Leaves



Haloumi/Grill Cheese

### 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!

Prep in: 20-30 mins  
Ready in: 30-40 mins

There was complete mayhem when this dish hit our tasting table. With sweet honey and aromatic sumac on warm, salty haloumi, plus chermoula veggies, it disappeared from the bowl in record time. Enjoy!

**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 frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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	½	1
haloumi/ grill cheese	1 packet	2 packets
<b>honey*</b>	1 tbs	2 tbs
Turkish sumac seasoning	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
<b>water*</b>	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

\*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)	4010kJ (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](https://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**.

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## 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**.

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## 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.

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## 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.

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## 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.

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## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)