

CLIMATE SUPERSTAR













Lemon

Roasted Almonds



Vegetable Stock



Couscous

Powder



Haloumi/



Seasoning

Grill Cheese



Baby Spinach



Leaves



Greek-Style Yoghurt



Parsley



Whip up a haloumi and couscous extravaganza in four easy steps. Drizzle over some honey to coat the haloumi and toss the couscous with some carrot and capsicum and it will look and taste like you've been cooking for hours.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
lemon	1/2	1
roasted almonds	1 packet	2 packets
water*	¾ cup	1½ cups
vegetable stock powder	1 large sachet	2 large sachets
couscous	1 packet	1 packet
haloumi/grill cheese	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
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)	3139kJ (750Cal)	642kJ (153Cal)
Protein (g)	37.2g	7.6g
Fat, total (g)	36.2g	7.4g
- saturated (g)	18.8g	3.8g
Carbohydrate (g)	67.2g	13.7g
- sugars (g)	21.6g	4.4g
Sodium (mg)	2376mg	486mg
Custom Bosins		

Per Serving Per 100g Avg Qty 4468kJ (1068Cal) 759kJ (181Cal) Energy (kJ) Protein (g) 59.2g 10.1g Fat, total (g) 61.2g 10.4g - saturated (g) 35.4g 6g 11.7g Carbohydrate (g) 69g 22.8g 3.9g - sugars (g)

3376mg

573mg

The quantities provided above are averages only.

Allergens

2023 | CW41

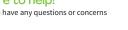
Sodium (mg)

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





Get prepped

• Grate the carrot. Thinly slice courgette into half-moons. Cut lemon in wedges. Roughly chop roasted almonds.



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook carrot and courgette, stirring, until softened, 3-4 minutes. Add the water and vegetable stock powder and bring to the boil.
- Add couscous and stir to combine.
- Cover with a lid and remove from heat. Set aside until all the water is absorbed, 5 minutes. Fluff up with a fork.



Cook the haloumi

- Meanwhile, cut haloumi into 1cm-thick slices.
- In a medium bowl, combine haloumi, garlic & herb seasoning and a drizzle of olive oil.
- 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 from heat, then add the **honey** and turn to coat.

Custom Recipe: If you've doubled your haloumi, cook in batches for the best results, returning all haloumi to the pan before adding the honey.



Serve up

- Add **baby spinach leaves** to the couscous, along with a squeeze of lemon juice and a drizzle of olive oil. Season and stir to combine.
- Divide veggie couscous between bowls. Top with honey haloumi and sprinkle with roasted almonds.
- Tear over parsley. Serve with **Greek-style yoghurt** and any remaining lemon wedges. Enjoy!

Rate your recipe

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