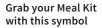


Haloumi & Fluffy Veggie Couscous with Roasted Almonds & Yoghurt

CLIMATE SUPERSTAR













Lemon

Roasted Almonds



Vegetable Stock



Powder



Haloumi/



Grill Cheese



Pomegranate Molasses









Greek-Style Yoghurt





Prep in: 15-25 mins Ready in: 20-30 mins

Wipe 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

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

ingi calcino				
	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		
pomegranate molasses	1 medium packet	1 large packet		
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 Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4468kJ (1068Cal)	759kJ (181Cal)
Protein (g)	59.2g	10.1g
Fat, total (g)	61.2g	10.4g
- saturated (g)	35.4g	6g
Carbohydrate (g)	69g	11.7g
- sugars (g)	22.8g	3.9g
Sodium (mg)	3376mg	573mg

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 | CW45



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 has 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 **pomegranate molasses** and turn to coat.

Custom Recipe: If you've doubled your haloumi, flavour haloumi in a large bowl. Cook in batches for the best results, returning all haloumi to the pan before adding the molasses as above.



Serve up

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

Rate your recipe

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