



# Haloumi & Fluffy Veggie Couscous

with Roasted Almonds & Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Courgette



Lemon



Roasted Almonds



Vegetable Stock Powder



Couscous



Haloumi/Grill Cheese



Garlic & Herb Seasoning



Pomegranate Molasses



Baby Spinach Leaves



Parsley



Greek-Style Yoghurt



Haloumi/Grill Cheese

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
courgette	1	2
lemon	½	1
roasted almonds	1 packet	2 packets
<b>water*</b>	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](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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## Get prepped

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

3



## 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.

2



## 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.

4



## 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

Did we make your tastebuds happy?

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