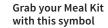


Mediterranean Haloumi & Zesty Couscous

with Roast Veggies & Parsley Yoghurt

CLIMATE SUPERSTAR













Garlic & Herb Seasoning



Haloumi/









Baby Spinach





Flaked Almonds





Vegetable Stock Powder



Couscous



Pomegranate Molasses



Prep in: 20-30 mins Ready in: 35-45 mins A medley of brightly coloured veggies and big flavours like garlic and herb spices are super filling while still feeling fresh and light. A smooth dollop of yoghurt tops off a dish whose star really is the golden, gooey haloumi - it's outrageously good!

Olive Oil

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

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
capsicum	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
haloumi/ grill cheese	1 packet	2 packets
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
baby spinach leaves	1 small bag	1 medium bag
lemon	1/2	1
flaked almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
water*	³⁄₄ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
pomegranate molasses	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)	2858kJ (683Cal)	681kJ (163Cal)
Protein (g)	36.2g	8.6g
Fat, total (g)	31.4g	7.5g
- saturated (g)	18.4g	4.4g
Carbohydrate (g)	62.3g	14.9g
- sugars (g)	20.2g	4.8g
Sodium (mg)	1949mg	465mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4187kJ (1001Cal)	806kJ (193Cal)
Protein (g)	58.2g	11.2g
Fat, total (g)	56.4g	10.9g
- saturated (g)	35.1g	6.8g
Carbohydrate (g)	64g	12.3g
- sugars (g)	21.5g	4.1g
Sodium (mg)	2949mg	568mg

The quantities provided above are averages only.

Allergens

2023 | CW46

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





Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut cauliflower into small florets. Slice the capsicum.
- Place veggies on a lined oven tray. Drizzle with olive oil, season with garlic & herb seasoning and a good pinch of salt and pepper and toss to coat.
- Spread out evenly, then roast until tender,
 25-30 minutes.



Get prepped

- Meanwhile, cut haloumi into 1cm-thick slices.
 Finely chop garlic. Roughly chop parsley and baby spinach leaves. Zest lemon to get a generous pinch, then slice into wedges.
- Heat a large frying pan over medium-high heat.
 Toast flaked almonds, tossing, until golden,
 2-3 minutes. Transfer to a small bowl.



Make the parsley yoghurt

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook garlic until fragrant,
 1 minute. Transfer garlic oil to a small bowl and allow to cool for 5 minutes.
- Add Greek-style yoghurt to garlic oil mixture and stir to combine. Add half the parsley and season to taste with salt and pepper. Set aside.



Cook the couscous

- In a medium saucepan, add the water and vegetable stock powder, stir to combine and bring to the boil.
- Add couscous and a drizzle of olive oil. Stir to combine, cover with a lid and remove from heat.
 Leave until all the water is absorbed, 5 minutes.
 Fluff up with a fork.
- When the roasted veggies are done, toss them through the couscous. Add baby spinach, lemon zest and a generous squeeze of lemon juice to the couscous. Season, stir to combine and cover to keep warm.



Cook the haloumi

- While the couscous is cooking, return the frying pan to medium-high heat with a drizzle of **olive** oil
- Cook haloumi, until golden brown, 1-2 minutes each side.
- Remove the pan from heat, then add pomegranate molasses and toss haloumi to coat.

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



Serve up

- Divide zesty veggie couscous between bowls, then top with haloumi.
- Spoon over parsley yoghurt. Sprinkle over toasted almonds.
- Garnish with remaining parsley and serve with any remaining lemon wedges. Enjoy!

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