



Mediterranean Haloumi & Zesty Couscous

with Roast Veggies & Parsley Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Capsicum



Garlic & Herb Seasoning



Haloumi/Grill Cheese



Garlic



Parsley



Baby Spinach Leaves



Lemon



Flaked Almonds



Greek-Style Yoghurt



Vegetable Stock Powder



Couscous



Pomegranate Molasses



Haloumi/Grill Cheese

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!

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

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	½	1
flaked almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
water*	¾ 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

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.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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1



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**.

4



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.

2



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.

5



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.

3



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.

6



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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