



# Pomegranate-Glazed Haloumi & Israeli Couscous with Roasted Eggplant & Cauliflower

Grab your Meal Kit  
with this symbol



Cauliflower



Eggplant



Chermoula Spice Blend



Haloumi/  
Grill Cheese



Israeli Couscous



Vegetable Stock Powder



Pomegranate Molasses



Baby Kale



Greek-Style Yoghurt



Haloumi/  
Grill Cheese

Prep in: 30-40 mins  
Ready in: 40-50 mins



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

There was complete mayhem when this dish hit our tasting table. With sweet honey on warm, salty haloumi, plus chermoula-spiced veggies and a cooling yoghurt, it disappeared from the bowl in record time.

**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 · Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
eggplant	1	2
chermoula spice blend	1 sachet	1 sachet
haloumi/grill cheese	1 packet	2 packets
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
pomegranate molasses	1 medium packet	1 large packet
baby kale	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
haloumi/grill cheese**	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2674kJ (639Cal)	620kJ (148Cal)
Protein (g)	34.8g	8.1g
Fat, total (g)	29.4g	6.8g
- saturated (g)	18.1g	4.2g
Carbohydrate (g)	57.8g	13.4g
- sugars (g)	19.1g	4.4g
Sodium (mg)	1942mg	451mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4003kJ (957Cal)	754kJ (180Cal)
Protein (g)	56.8g	10.7g
Fat, total (g)	54.4g	10.2g
- saturated (g)	34.8g	6.6g
Carbohydrate (g)	59.5g	11.2g
- sugars (g)	20.4g	3.8g
Sodium (mg)	2942mg	554mg

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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1



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets. Cut **eggplant** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and sprinkle with **chermoula spice blend**. Season with **salt** and **pepper**.
- Toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.

4



## Cook the haloumi

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- In the last **minute** of cook time, add **pomegranate molasses** and cook, turning the **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.

2



## Get prepped

- While veggies are roasting, boil the kettle.
- Cut **haloumi** into 1cm-thick slices.

5



## Finish the couscous

- Add **roasted veggies** and **baby kale** to the bowl of **couscous**. Toss to combine.

3



## Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add **vegetable stock powder**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return to the pan with a drizzle of **olive oil**. Transfer to a large bowl.

6



## Serve up

- Cut pomegranate-glazed haloumi into cubes (if preferred).
- Divide roast veggie Israeli couscous between bowls. Top with glazed haloumi.
- Serve with **Greek-style yoghurt**. Enjoy!

## Rate your recipe

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