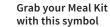


# Honey & Herb Haloumi Couscous Bowl with Roast Veggies & Lemon Yoghurt

CLIMATE SUPERSTAR













Baby Broccoli



Nan's Special

Seasoning



Vegetable Stock



Powder



Flaked Almonds



Parsley





Haloumi/

Grill Cheese

Lemon





Yoghurt





Prep in: 20-30 mins Ready in: 30-40 mins Whip 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 baby broccoli and it will look and taste like you've been cooking for hours.

Pantry items Olive Oil, Honey

# 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 with a lid · Medium frying pan

## **Ingredients**

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
parsnip	1	2	
baby broccoli	1 bag	1 bag	
Nan's special seasoning	1 sachet	2 sachets	
water*	3/4 cup	1½ cups	
vegetable stock powder	1 medium sachet	1 large sachet	
couscous	1 packet	1 packet	
flaked almonds	1 packet	2 packets	
parsley	1 bag	1 bag	
lemon	1/2	1	
haloumi/ grill cheese	1 packet	2 packets	
Greek-style yoghurt	1 medium packet	1 large packet	
honey*	1 tbs	2 tbs	
spinach & rocket mix	1 small bag	1 medium bag	
haloumi/ grill cheese**	1 packet	2 packets	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3152kJ (753Cal)	703kJ (168Cal)
Protein (g)	36.4g	8.1g
Fat, total (g)	37.5g	8.4g
- saturated (g)	19.2g	4.3g
Carbohydrate (g)	69.3g	15.5g
- sugars (g)	22.2g	4.9g
Sodium (mg)	2367mg	528mg
Custom Recipe		

#### 4481kJ (1071Cal) 817kJ (195Cal) Energy (kJ) 58.4g 10.6g Protein (g) Fat, total (g) 62.5g 11.4g - saturated (g) 35.8g 6.5g Carbohydrate (g) 71g 12.9g - sugars (g) 23.4g 4.3g Sodium (mg) 3367mg 614mg

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

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# Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Thinly slice carrot into half-moons. Cut parsnip into bite-sized chunks. Halve baby broccoli lengthways.
- Place veggies on a lined oven tray. Sprinkle over Nan's special seasoning, drizzle with olive oil and season with salt and pepper. Toss to coat. Spread out evenly, then roast until tender,
   25-30 minutes.



## Cook the couscous

- Meanwhile, in a medium saucepan, combine 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.



# Get prepped

- While the couscous is cooking, heat a medium frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a small bowl.
- Roughly chop **parsley**. Zest **lemon** to get a pinch, then slice into wedges. Cut **haloumi** into 1cm-thick slices.
- In a second small bowl, combine Greek-style yoghurt and lemon zest, then season with salt and pepper. Set aside.



# Cook the haloumi

- When the veggies have 5 minutes cook time remaining, return the frying pan to medium-high heat with a drizzle of olive oil.
- Pat haloumi dry with paper towel. Cook haloumi until golden brown, 2 minutes each side.
- Reduce heat to medium, then add the honey and parsley. Cook until fragrant, turning haloumi to coat, 1 minute.

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



# Bring it all together

 Add roasted veggies to the couscous, along with spinach & rocket mix, a squeeze of lemon juice and a drizzle of olive oil. Gently toss to combine, then season to taste.



# Serve up

- Divide roast veggie couscous between bowls.
   Top with honey and herb haloumi. Dollop over lemon voghurt.
- Sprinkle with toasted almonds and serve with any remaining lemon wedges. Enjoy!



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