



# Honey & Herb Haloumi Couscous Bowl

with Roast Veggies & Lemon Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Parsnip



Baby Broccoli



Nan's Special Seasoning



Vegetable Stock Powder



Couscous



Flaked Almonds



Parsley



Lemon



Haloumi/Grill Cheese



Greek-Style Yoghurt



Spinach & Rocket Mix



Haloumi/Grill Cheese

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.

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

### 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

	2 People	4 People
<b>olive oil*</b>	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
<b>water*</b>	¾ 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	½	1
haloumi/ grill cheese	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
<b>honey*</b>	1 tbs	2 tbs
spinach & rocket mix	1 small bag	1 medium bag
haloumi/ grill cheese**	1 packet	2 packets

\*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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4481kJ (1071Cal)	817kJ (195Cal)
Protein (g)	58.4g	10.6g
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](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

2023 | CW48



1



## 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**.

4



## 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.

2



## 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.

5



## 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.

3



## 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.

6



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)