



Pomegranate Haloumi & Israeli Couscous

with Roasted Eggplant & Cauliflower

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Eggplant



Chermoula Spice Blend



Haloumi/Grill Cheese



Israeli Couscous



Vegetable Stock Powder



Pomegranate Molasses



Baby Kale

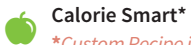


Greek-Style Yoghurt



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 cooling yoghurt, it disappeared from the bowl in record time. Enjoy!

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
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
eggplant	1	2
chermoula spice blend	1 medium sachet	1 large 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 **Custom Recipe Ingredient

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 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 | CW51



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

- While the couscous is cooking, 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 pomegranate molasses as above.

2



Get prepped

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

5



Finish the couscous

- To the bowl with the **couscous**, add **roasted veggies** and **baby kale**. 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 transfer to a large bowl with a drizzle of **olive oil**.

6



Serve up

- Divide roast veggie Israeli couscous between plates. Top with pomegranate haloumi.
- Serve with **Greek-style yoghurt**. Enjoy!

Rate your recipe

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