



# Pomegranate-Glazed 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 pomegranate-glazed 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
<b>olive oil*</b>	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)	2535kJ (606Cal)	602kJ (144Cal)
Protein (g)	34.7g	8.2g
Fat, total (g)	29.5g	7g
- saturated (g)	18.6g	4.4g
Carbohydrate (g)	50.1g	11.9g
- sugars (g)	11.7g	2.8g
Sodium (mg)	2101mg	499mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3864kJ (924Cal)	742kJ (177Cal)
Protein (g)	56.7g	10.9g
Fat, total (g)	54.5g	10.5g
- saturated (g)	35.2g	6.8g
Carbohydrate (g)	51.9g	10g
- sugars (g)	12.9g	2.5g
Sodium (mg)	3101mg	595mg

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

2024 | CW04



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 **1 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

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

3



## Cook the Israeli 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-glazed haloumi.
- Serve with **Greek-style yoghurt**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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