



Honey-Glazed Haloumi Couscous

with Roast Veggies & Basil Pesto

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Onion



Garlic & Herb Seasoning



Israeli Couscous



Haloumi/Grill Cheese



Basil Pesto



Baby Spinach Leaves



Haloumi/Grill Cheese

Prep in: 10-20 mins
Ready in: 30-40 mins

Indulge your taste buds with a tantalizing dish of honey-glazed haloumi nestled atop a bed of fluffy couscous and perfectly roasted veggies. The vibrant flavours are elevated with the addition of basil pesto, creating a harmonious and satisfying culinary experience.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
onion	½ (large)	1 (large)
garlic & herb seasoning	1 medium sachet	1 large sachet
Israeli couscous	1 packet	2 packets
haloumi/grill cheese	1 packet	2 packets
honey*	1 tsp	2 tsp
basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	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)	3305kJ (790Cal)	697kJ (167Cal)
Protein (g)	34.1g	7.2g
Fat, total (g)	46.5g	9.8g
- saturated (g)	19.8g	4.2g
Carbohydrate (g)	59.5g	12.6g
- sugars (g)	13.7g	2.9g
Sodium (mg)	1647mg	347mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4634kJ (1108Cal)	807kJ (193Cal)
Protein (g)	56.1g	9.8g
Fat, total (g)	71.5g	12.5g
- saturated (g)	36.5g	6.4g
Carbohydrate (g)	61.2g	10.7g
- sugars (g)	14.9g	2.6g
Sodium (mg)	2647mg	461mg

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

2024 | CW08



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Chop **cauliflower** (including stalk!) into small florets. Cut **carrot** into bite-sized chunks. Cut **onion (see ingredients)** into wedges.
- Place **veggies** on a lined oven tray and sprinkle over **garlic & herb seasoning**. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.

3



Cook the haloumi

- Cut **haloumi** into 1cm slices.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **haloumi**, until golden brown, **1-2 minutes** each side.
- Remove pan from heat, add the **honey** and turn **haloumi** to coat.

Custom Recipe: If you've doubled your haloumi, cook haloumi in batches for best results.

2



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 a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain **couscous** and return to the pan with a drizzle of **olive oil**.

4



Serve up

- Add the roasted veggies to the Israeli couscous, along with **basil pesto** and **baby spinach leaves**. Stir to combine.
- Divide roast veggie and pesto couscous between bowls. Top with honey-glazed haloumi. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate