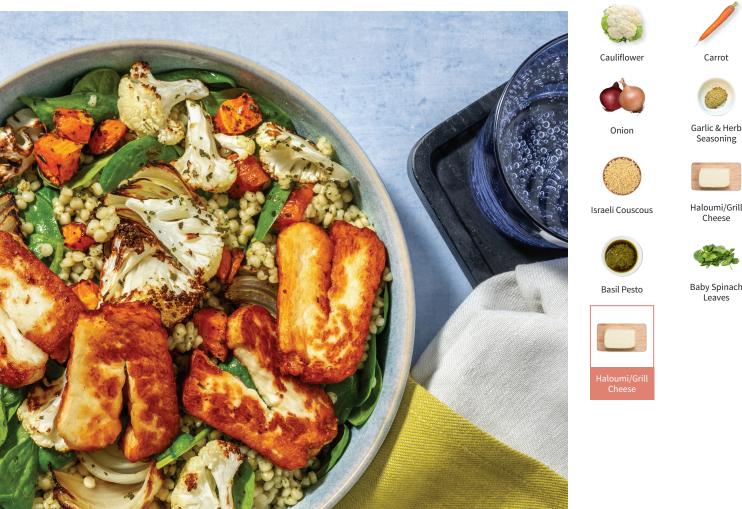


Honey-Glazed Haloumi Couscous with Roast Veggies & Basil Pesto

CLIMATE SUPERSTAR NEW







Garlic & Herb

Cheese

Baby Spinach Leaves

Pantry items Olive Oil, Honey

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.

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 \cdot Medium saucepan \cdot 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	1∕2 (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





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**.



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**.



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.



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

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