



Haloumi & Fluffy Veggie Freekah

with Roasted Almonds & Yoghurt

Grab your meal kit with this number

25



Freekah



Vegetable Stock Powder



Carrot



Courgette



Roasted Almonds



Haloumi/Grill Cheese



Garlic & Herb Seasoning



Baby leaves



Greek-Style Yoghurt



Parsley



Haloumi/Grill Cheese



Chicken Breast

Recipe Update

We've replaced the couscous in this recipe with freekah due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 30-35 mins

Whip up a haloumi and freekah extravaganza in four easy steps. Drizzle over some honey to coat the haloumi and toss the freekah with some carrot and courgette and it will look and taste like you've been cooking for hours.

Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
butter*	20g	40g
vegetable stock powder	1 large sachet	2 large sachets
carrot	1	2
courgette	1	2
roasted almonds	1 packet	2 packets
haloumi/grill cheese	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2866kJ (685Cal)	685kJ (164Cal)
Protein (g)	36.1g	8.6g
Fat, total (g)	34.1g	8.2g
- saturated (g)	17.7g	4.2g
Carbohydrate (g)	56.1g	13.4g
- sugars (g)	14.9g	3.6g
Sodium (mg)	2365mg	566mg
Dietary Fibre (g)	7.9g	1.9g

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

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Cook the freekeh

- In a large saucepan, heat a drizzle of olive oil over medium-high heat. Toast **freekeh**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with water, then add a good pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **30-35 minutes**.
- Drain, rinse and return to the pan over medium heat. Add the **butter** and **vegetable stock powder**, and stir until the **butter** is melted and combined.

TIP: The freekeh is cooked when it has softened but still retains some bite.



Cook the haloumi

- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **haloumi**, turn to coat.
- When freekeh has **10 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **courgette**, stirring, until softened, **3-4 minutes**. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi**, until golden brown, **1-2 minutes** each side.
- Remove pan from heat, then add the **honey** and turn to coat.



Get prepped

- Meanwhile, grate **carrot**.
- Thinly slice **courgette** into half-moons.
- Roughly chop **roasted almonds**.
- Cut **haloumi** into 1cm-thick slices.



Serve up

- Add cooked veggies, **baby leaves** and a drizzle of **white wine vinegar** and olive oil to the freekeh. Season and stir to combine.
- Divide veggie freekeh between bowls.
- Top with haloumi and a dollop of **Greek-style yoghurt**.
- Tear over **parsley** and sprinkle with roasted almonds to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE HALOUMI/GRILL CHEESE

Follow method above, cooking in batches if necessary.



ADD CHICKEN BREAST

Cut into bite-sized pieces. Before cooking haloumi, cook chicken until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

