

Herby-Honey Haloumi & Veggie Couscous

with Roasted Almonds & Yoghurt

Grab your meal kit with this number

34



Carrot



Courgette



Roasted Almonds



Vegetable Stock Powder



Couscous



Haloumi/Grill Cheese



Garlic & Herb Seasoning



Baby Leaves



Parsley



Greek-Style Yoghurt



Halloumi



Chicken Breast

Prep in: 15-25 mins
Ready in: 20-30 mins

 Protein Rich

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

Pantry items

Olive Oil, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
roasted almonds	1 packet	2 packets
water*	¾ cup	1½ cups
vegetable stock powder	1 large sachet	2 large sachets
couscous	1 medium packet	1 large packet
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
parsley	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2867kJ (685Cal)	686kJ (163Cal)
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)	14.7g	3.5g
Sodium (mg)	2365mg	566mg
Dietary Fibre (g)	7.4g	1.8g

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 | CW34



Get prepped

- Grate **carrot**.
- Thinly slice **courgette** into half-moons.
- Roughly chop **roasted almonds**.



Cook the haloumi

- Meanwhile, cut **haloumi** into 1cm-thick slices.
- In a medium bowl, combine **haloumi**, **garlic & herb seasoning** and a drizzle of **olive oil**.
- 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, then add the **honey** and turn to coat.



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **courgette**, stirring, until softened, **3-4 minutes**.
- Add the **water** and **vegetable stock powder** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Serve up

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

CUSTOM OPTIONS

+ DOUBLE HALLOUMI
Follow method above.

+ ADD CHICKEN BREAST
Cut into bite-sized pieces. Cook 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.

