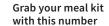


# Herby-Honey Haloumi & Veggie Couscous with Roasted Almonds & Yoghurt













**Roasted Almonds** 









Powder





Garlic & Herb



**Baby Leaves** 

Seasoning



Parsley







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



## 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

| ingi caici ita  |  |  |
|-----------------|--|--|
| 2 People        | 4 People   |  |
| refer to method | refer to method  |  |
| 1               | 2  |  |
| 1               | 2  |  |
| 1 packet        | 2 packets  |  |
| ¾ cup           | 1½ cups  |  |
| 1 large sachet  | 2 large sachets  |  |
| 1 medium packet | 1 large packet   |  |
| 1 packet        | 2 packets  |  |
| 1 medium sachet | 1 large sachet   |  |
| 1 tsp           | 2 tsp  |  |
| 1 small packet  | 1 medium packet  |  |
| drizzle         | drizzle  |  |
| 1 packet        | 1 packet   |  |
| 1 medium packet | 1 large packet   |  |
|                 | refer to method 1 1 1 packet ¾ cup 1 large sachet 1 medium packet 1 packet 1 medium sachet 1 tsp 1 small packet drizzle 1 packet |  |

<sup>\*</sup>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.



# Get prepped

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



#### 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.



#### 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.



## 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!



through, 4-6 minutes.