

Honey-Glazed Halloumi & Pearl Couscous with Roast Veggies & Basil Pesto

CLIMATE SUPERSTAR



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Garlic & Herb Seasoning



Pearl (Israeli)



Halloumi/Grill

Couscous

Cheese



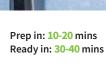
Basil Pesto



Baby Leaves







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

Oven tray lined with baking paper \cdot Large saucepan \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
onion	1/2	1
garlic & herb seasoning	1 medium sachet	1 large sachet
pearl (Israeli) couscous	1 packet	2 packets
halloumi/grill cheese	1 packet	2 packets
honey*	1 tsp	2 tsp
plant-based basil pesto	1 medium packet	2 medium packets
baby leaves	1 small packet	1 medium packet

*Pantry Items Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3298kJ (788cal)	346kJ (83cal)
Protein (g)	34g	3.6g
Fat, total (g)	47g	4.9g
- saturated (g)	19.9g	2.1g
Carbohydrate (g)	58.9g	6.2g
- sugars (g)	12.9g	1.4g
Sodium (mg)	1648mg	172.9mg
Dietary Fibre (g)	9.3g	1g

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.



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 bitesized 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.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the halloumi

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



Cook the couscous

- In a medium saucepan, heat a drizzle of olive oil over medium-high heat.
 Toast pearl couscous, stirring occasionally, until golden, 1-2 minutes.
- Half-fill the 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.



Serve up

- Add the roasted veggies to the pearl couscous, along with plant-based basil pesto and baby leaves. Stir to combine.
- Divide pearl couscous between bowls.
- Top with honey-glazed halloumi to serve. Enjoy!



