

Honey-Glazed Halloumi & Pearl Couscous

with Roast Veggies & Basil Pesto

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Cauliflower



Carrot



Onion



Garlic & Herb Seasoning



Pearl (Israeli) Couscous



Halloumi/Grill Cheese



Plant-Based Basil Pesto



Baby Leaves



Halloumi/Grill Cheese



Chicken Thigh

Prep in: 10-20 mins
Ready in: 30-40 mins

Indulge your taste buds with a tantalizing dish of honey-glazed halloumi 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.

Pantry items

Olive Oil, Honey

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 · Large saucepan · 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	½	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.

1



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**.

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

3



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.

2



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**.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



DOUBLE HALLOUMI

Follow method above, cooking in batches if necessary.



ADD CHICKEN THIGH

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.

