



# Herby-Honey Halloumi & Veggie Couscous

with Almonds & Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

34



Carrot



Courgette



Roasted/Slivered Almonds



Vegetable Stock Powder



Couscous



Halloumi/Grill Cheese



Garlic & Herb Seasoning



Baby Leaves



Parsley



Greek-Style Yoghurt



Chicken Breast



Halloumi/Grill Cheese

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

Protein Rich

Whip up a halloumi and couscous extravaganza in four easy steps. Drizzle over some honey to coat the halloumi 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        |
|----------------------------|-----------------|-----------------|
| <b>olive oil*</b>          | refer to method | refer to method |
| carrot                     | 1               | 2               |
| courgette                  | 1               | 2               |
| roasted/slivered almonds   | 1 packet        | 2 packets       |
| <b>water*</b>              | ¾ cup           | 1½ cups         |
| vegetable stock powder     | 1 large sachet  | 2 large sachets |
| couscous                   | 1 medium packet | 1 large packet  |
| halloumi/grill cheese      | 1 packet        | 2 packets       |
| garlic & herb seasoning    | 1 medium sachet | 1 large sachet  |
| <b>honey*</b>              | 1 tsp           | 2 tsp           |
| baby leaves                | 1 small packet  | 1 medium packet |
| <b>white wine vinegar*</b> | 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)       | 2557kJ (611cal) | 309kJ (74cal) |
| Protein (g)       | 32.6g           | 3.9g          |
| Fat, total (g)    | 28.8g           | 3.5g          |
| - saturated (g)   | 17.5g           | 2.1g          |
| Carbohydrate (g)  | 54.1g           | 6.5g          |
| - sugars (g)      | 19.3g           | 2.3g          |
| Sodium (mg)       | 1826mg          | 220.5mg       |
| Dietary Fibre (g) | 6.3g            | 0.8g          |

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](https://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 **almonds**.



## Cook the halloumi

- Meanwhile, cut **halloumi** into 1cm-thick slices.
- In a medium bowl, combine **halloumi**, **garlic & herb seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Toast **almonds**, tossing, until golden, 2-3 **minutes**. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **halloumi** 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**, then 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 with salt and pepper and gently toss to combine.
- Divide veggie couscous between bowls.
- Top with halloumi and sprinkle with almonds.
- Tear over **parsley** and dollop with **Greek-style yoghurt** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



### CUSTOM OPTIONS



#### ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



#### DOUBLE HALLOUMI/GRILL CHEESE

Follow method above, cooking in batches if necessary.

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

