



# Honey-Lemon Halloumi & Jewelled Couscous

with Garden Salad & Herby Mayo

NEW

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19



### Recipe Update

We've replaced the radish in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Carrot



Tomato



Lemon



Halloumi/Grill Cheese



Dried Oregano



Vegetable Stock Powder



Couscous



Currants



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Halloumi/Grill Cheese



Diced Chicken

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

Halloumi is truly the king of cheeses, don't you think? Salty, squeaky and pan-fried to golden deliciousness, it's always a winner. Tonight, we're adding lemon and honey for sweet and tangy goodness. And for something extra special, we'll serve it alongside a jewelled couscous, with vibrant carrot and sweet currants speckled throughout.

### 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	½	1
tomato	1	2
lemon	½	1
halloumi/grill cheese	1 packet	2 packets
dried oregano	½ medium sachet	1 medium sachet
<b>honey*</b>	1 tsp	2 tsp
<b>water*</b>	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	2 medium packets
currants	1 medium packet	2 medium packets
mixed salad leaves	1 medium packet	2 medium packets
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3338kJ (797Cal)	875kJ (209Cal)
Protein (g)	31.4g	8.2g
Fat, total (g)	50.4g	13.2g
- saturated (g)	22.2g	5.8g
Carbohydrate (g)	54.8g	14.4g
- sugars (g)	16.1g	4.2g
Sodium (mg)	1848mg	485mg
Dietary Fibre (g)	8.2g	2.2g

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.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



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## Get prepped

- Grate **carrot** (see ingredients).
- Thinly slice **tomato** into wedges.
- Zest **lemon** to get a pinch, then slice into wedges.
- Cut **halloumi** into 1cm slices.
- In a small bowl, combine **dried oregano** (see ingredients), **lemon zest**, a squeeze of **lemon juice** and the **honey**.

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## Cook the halloumi

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **halloumi** until golden brown, **1-2 minutes** each side.
- Remove from heat, then add **honey-lemon mixture**, turning to coat, until fragrant, **1-2 minutes**.

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## Make the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add **carrot** and cook, stirring, until softened, **2-3 minutes**.
- Add the **water** and **vegetable stock powder** and bring to the boil.
- Add **couscous** and **currants**, stir to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.

4



## Finish & serve

- While halloumi is cooking, in a large bowl, combine tomato, **mixed salad leaves**, a good squeeze of lemon juice and a drizzle of olive oil. Season to taste.
- Divide jewelled couscous and garden salad between bowls. Top with honey-lemon halloumi.
- Drizzle over **dill & parsley mayonnaise**. Serve with any remaining lemon wedges. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE HALLOUMI/GRILL CHEESE

Follow method above, cooking in batches if necessary.



#### ADD DICED CHICKEN

In a large frying pan, cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes.

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

