



# Haloumi & Dukkah Couscous

with Roasted Veggies & Lemon Yoghurt Drizzle

Grab your Meal Kit with this symbol



Beetroot



Red Onion



Peeled & Chopped Pumpkin



Garlic



Vegetable Stock Powder



Couscous



Currants



Haloumi



Lemon



Greek-Style Yoghurt



Dukkah



Baby Spinach Leaves

Hands-on: **35-45 mins**  
Ready in: **40-50 mins**

Taste the rainbow for dinner tonight with an assortment of colourful roasted veggies and a scattering of sweet currants, all stirred through fluffy, filling couscous. Topped off with golden haloumi and nutty dukkah, this robust bowl packs a punch in all the right ways.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
red onion	½	1
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	1 clove	2 cloves
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
currants	1 packet	1 packet
haloumi	1 packet	2 packets
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
dukkah	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3181kJ (760Cal)	649kJ (155Cal)
Protein (g)	37.7g	7.7g
Fat, total (g)	36.6g	7.5g
- saturated (g)	16.4g	3.3g
Carbohydrate (g)	68.8g	14g
- sugars (g)	28.5g	5.8g
Sodium (mg)	1597mg	326mg

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.



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** into small chunks. Slice the **red onion** (see ingredients) into wedges. Place the **peeled & chopped pumpkin, beetroot** and **onion** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly and roast until tender, **25-30 minutes**.

**TIP:** Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



## Toast the dukkah

Heat a medium frying pan over a medium-high heat. Toast the **dukkah**, tossing occasionally, until golden and fragrant, **2-3 minutes**. Transfer to a bowl. Roughly chop the **baby spinach leaves**.



## Cook the couscous

While the veggies are roasting, finely chop the **garlic**. In a medium saucepan, add a drizzle of **olive oil** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Add the **water** and **vegetable stock powder** and bring to the boil. Add the **couscous, currants** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



## Cook the haloumi

When the veggies have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **1-2 minutes** each side. Meanwhile, stir the roasted **veggies, baby spinach** and toasted **dukkah** through the **couscous**.



## Make the lemon yoghurt

While the couscous is cooking, cut the **haloumi** into 1cm slices (you should get 3 pieces per person), then pat dry with paper towel. Slice the **lemon** into wedges. In a small bowl, add the **Greek-style yoghurt** and a squeeze of **lemon juice**. Season and stir to combine. Set aside.



## Serve up

Divide the dukkah and roast veggie couscous between bowls. Top with the haloumi. Spoon over the lemon yoghurt and serve with any remaining lemon wedges.

## Enjoy!