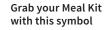
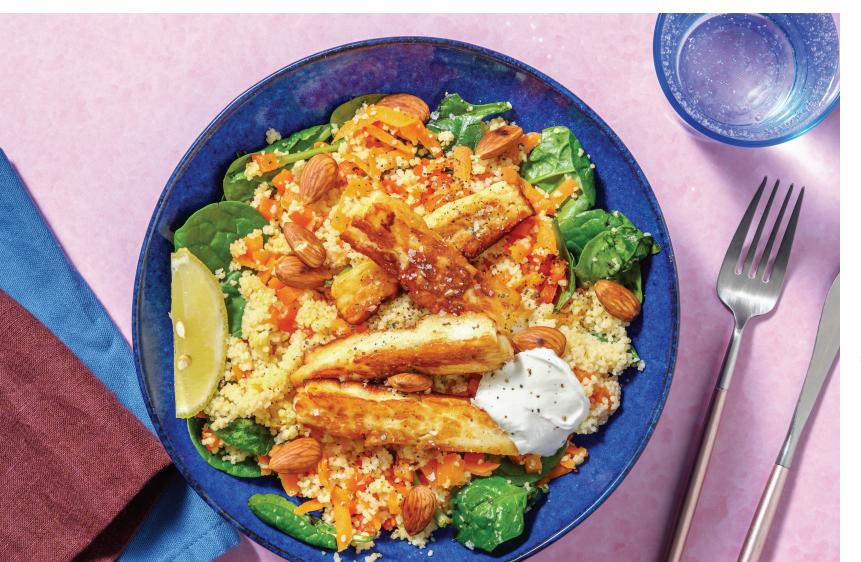
Grilled Honey Haloumi & Yoghurt with Carrot, Capsicum & Herbed Couscous















Lemon





Powder





Couscous





Baby Spinach





Roasted Almonds





Yoghurt

Haloumi/ Grill Cheese

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

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

Medium saucepan with a lid \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
lemon	1/2	1
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
haloumi/ grill cheese	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
honey*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
mint	1 bag	1 bag
roasted almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2899kJ (693Cal)	674kJ (161Cal)
Protein (g)	37.1g	8.6g
Fat, total (g)	33.6g	7.8g
- saturated (g)	15.7g	3.6g
Carbohydrate (g)	60g	13.9g
- sugars (g)	16.3g	3.8g
Sodium (mg)	1668mg	388mg

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.



Get prepped

• Grate the carrot. Finely chop capsicum. Cut lemon in wedges.



Cook the haloumi

- Meanwhile, cut haloumi into 1cm-thick slices.
- In a medium bowl, combine haloumi, garlic & herb seasoning and a drizzle
 of olive oil.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi, until golden brown, 1-2 minutes each side.
- Remove from heat, then add the **honey** and turn haloumi to coat.



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook carrot and capsicum, stirring, until softened, 2-3 minutes. Add the water and vegetable stock powder and 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

- To the couscous, add baby spinach leaves, a squeeze of lemon juice and a drizzle of olive oil. Tear over mint leaves. Season and toss to combine.
- Divide carrot, capsicum and herbed couscous between bowls. Top with honey haloumi and sprinkle with roasted almonds.
- Serve with **Greek-style yoghurt** and any remaining lemon wedges. Enjoy!

