

Grilled Honey Haloumi & Yoghurt

with Carrot, Capsicum & Herbed Couscous

Grab your Meal Kit with this symbol



Carrot



Capsicum



Lemon



Vegetable Stock Powder



Couscous



Garlic & Herb Seasoning



Baby Spinach Leaves



Mint



Roasted Almonds



Haloumi/ Grill Cheese



Greek-Style Yoghurt

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

Wipe up a haloumi and couscous extravaganza in four easy steps. Drizzle over some honey to coat the haloumi and toss the couscous with some carrot and capsicum and it will look and taste like you've been cooking for hours.

Pantry items
Olive Oil, Honey

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
lemon	½	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!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW52



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