

# Haloumi & Currant Couscous

with Roasted Veggies & Lemon Yoghurt

Grab your Meal Kit with this symbol



Beetroot



Onion



Garlic



Vegetable Stock Powder



Couscous



Currants



Lemon



Flaked Almonds



Tomato



Potato



Haloumi/  
Grill Cheese



Greek-Style  
Yoghurt

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced pumpkin with potato, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **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 currants, all stirred through fluffy, filling couscous. Topped off with golden haloumi and this robust dinner packs a punch in all the right ways.

### Pantry items

Olive Oil, Butter, 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

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
onion	½	1
potato	1	2
garlic	1 clove	2 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
currants	1 medium packet	1 large packet
haloumi/grill cheese	1 packet (180g)	2 packets (360g)
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets
tomato	1	2
<b>honey*</b>	1 tbs	2 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3458kJ (826Cal)	651kJ (156Cal)
Protein (g)	36.7g	6.9g
Fat, total (g)	42.2g	7.9g
- saturated (g)	21.5g	4g
Carbohydrate (g)	75.3g	14.2g
- sugars (g)	33.9g	6.4g
Sodium (mg)	1270mg	239mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.nz/foodinfo](https://hellofresh.com.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1 Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot** into small chunks. Slice **onion** (see ingredients) into wedges. Cut **potato** into bite-sized chunks.
- Place **beetroot**, **onion** and **potato** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly, then roast until tender, **20-25 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

**TIP:** If your oven tray is crowded, divide between two trays.



## 4 Toast the almonds

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, until golden, **2-3 minutes**.
- Transfer to a bowl. Meanwhile, roughly chop **tomato**.



## 2 Cook the currant couscous

- While the veggies are roasting, finely chop **garlic**.
- Heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Cook the **butter** and **garlic** until fragrant, **1 minute**.
- Add the **water** and **vegetable stock powder** and bring to the boil.
- Add **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.



## 5 Cook the haloumi

- When the veggies have **5 minutes** cook time remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Reduce heat to medium and add the **honey**. Cook, turning **haloumi** to coat, until golden, **1 minute**. Set aside.
- When the veggies are done, stir the **roasted veggies**, **tomato** and **toasted almonds** through the **couscous**.



## 3 Make the lemon yoghurt

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



## 6 Serve up

- Divide roast veggie and currant couscous between plates. Top with haloumi.
- Spoon over lemon yoghurt. Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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