



Honey-Glazed Haloumi

with Roasted Cauliflower & Israeli Couscous

Grab your Meal Kit with this symbol



Cauliflower



Red Onion



Carrot



Beetroot



Chermoula Spice Blend



Baby Spinach Leaves



Haloumi



Israeli Couscous



Vegetable Stock Powder



Greek-Style Yoghurt

 Hands-on: 30-40 mins
Ready in: 40-50 mins

There was complete mayhem when this dish hit our tasting table. With sweet honey on warm, salty haloumi, plus chermoula-spiced veggies and a cooling yoghurt, it disappeared from the bowl in record time. Enjoy!

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

Oven tray lined with baking paper · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
red onion	1 (medium)	1 (large)
carrot	1	2
beetroot	1	2
chermoula spice blend	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
haloumi	1 packet	2 packets
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
honey*	½ tbs	1 tbs
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2983kJ (713Cal)	539kJ (129Cal)
Protein (g)	36.2g	6.5g
Fat, total (g)	31.7g	5.7g
- saturated (g)	15.8g	2.9g
Carbohydrate (g)	74.1g	13.4g
- sugars (g)	27.6g	5g
Sodium (mg)	1777mg	321mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**.

Cut the **cauliflower** into small florets. Slice the **red onion** into wedges. Cut the **carrot** into bite-sized chunks. Cut the **beetroot** into small chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and sprinkle with the **chermoula spice blend**. Season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

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



Cook the haloumi

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **haloumi** until golden brown, **1-2 minutes** on each side. In the last **minute** of cook time, add the **honey** and cook, turning the haloumi to coat.



Get prepped

While the veggies are roasting, roughly chop the **baby spinach leaves**. Cut the **haloumi** into 1cm-thick slices and pat dry with paper towel.



Cook the couscous

Boil the kettle. In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Toast the **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**. Half-fill the saucepan with boiling water, then add the **vegetable stock powder**. Bring to the boil, then simmer the couscous, uncovered, until tender, **10-12 minutes**. Drain, then return to the pan with a drizzle of **olive oil**. Transfer to a large bowl.



Finish the couscous

Add the **roasted veggies** and **baby spinach** to the **couscous** and toss to combine.



Serve up

Divide the roast cauliflower Israeli couscous between bowls. Top with the honey-glazed haloumi. Serve with the **Greek-style yoghurt**.

Enjoy!