

Honey & Thyme-Glazed Haloumi

with Chermoula Veggie Couscous & Garlic Yoghurt

Grab your Meal Kit with this symbol



Carrot



Courgette



Chermoula Spice Blend



Garlic



Thyme



Lemon



Haloumi/ Grill Cheese



Greek-Style Yoghurt



Vegetable Stock Powder



Couscous

Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Haloumi/ Grill Cheese

Prep in: **20-30 mins**
Ready in: **30-40 mins**

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey

Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
chermoula spice blend	1 sachet	1 sachet
garlic	2 cloves	4 cloves
thyme	1 bag	1 bag
lemon	½	1
haloumi/grill cheese	1 packet	2 packets
honey*	1 tbs	2 tbs
Greek-style yoghurt	1 medium packet	1 large packet
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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2725kJ (651Cal)	608kJ (145Cal)
Protein (g)	33.1g	7.4g
Fat, total (g)	32g	7.1g
- saturated (g)	15.9g	3.5g
Carbohydrate (g)	57.7g	12.9g
- sugars (g)	16.5g	3.7g
Sodium (mg)	1658mg	370mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3971kJ (949Cal)	737kJ (176Cal)
Protein (g)	55.1g	10.2g
Fat, total (g)	54.6g	10.1g
- saturated (g)	29.5g	5.5g
Carbohydrate (g)	59.9g	11.1g
- sugars (g)	18.7g	3.5g
Sodium (mg)	2378mg	442mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW12



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **courgette** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **chermoula spice blend** and season with **salt**. Toss to coat and roast until tender, **20-25 minutes**.

4



Cook the couscous

- In a medium saucepan, combine 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 has absorbed, **5 minutes**. Fluff up with a fork.

2



Get prepped

- While the veggies are roasting, finely chop **garlic**. Pick **thyme** leaves. Zest **lemon** to get a pinch, then slice into wedges. Cut **haloumi** into 1cm-thick slices.
- In a second small bowl, combine **honey**, **lemon zest**, **thyme** and a squeeze of **lemon juice**.

5



Cook the haloumi

- When veggies have **5 minutes** remaining, return 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, then add the **honey-thyme glaze**. Cook, turning **haloumi** to coat, until fragrant, **1-2 minutes**.

Custom Recipe: If you've doubled your haloumi, cook in batches for the best result.

3



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.

6



Serve up

- Gently stir roasted veggies through couscous.
- Divide chermoula veggie couscous between bowls. Top with honey and thyme-glazed haloumi.
- Spoon over any remaining glaze from the pan.
- Drizzle with garlic yoghurt to serve. Enjoy!

Rate your recipe

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