



# Honey & Thyme Haloumi Couscous Bowl

with Roasted Veggies & Lemony Yoghurt

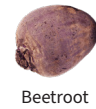
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Carrot



Parsnip



Beetroot



Red Onion



Nan's Special Seasoning



Vegetable Stock Powder



Couscous



Flaked Almonds



Spinach & Rocket Mix



Thyme



Lemon



Haloumi



Greek-Style Yoghurt

Hands-on: 30-40 mins  
Ready in: 45-55 mins

There was complete mayhem when this dish hit our tasting table. With sweet honey and fragrant thyme on warm, salty haloumi, plus spiced veggies and toasty flaked almonds, 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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
beetroot	1	2
red onion	1 (medium)	1 (large)
Nan's special seasoning	1 sachet	1 sachet
water*	¾ cup	1½ cups
vegetable stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet
flaked almonds	1 packet	2 packets
spinach & rocket mix	1 bag (30g)	1 bag (60g)
thyme	1 bunch	1 bunch
lemon	½	1
haloumi	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tbs	2 tbs

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3162kJ (755Cal)	567kJ (135Cal)
Protein (g)	36.3g	6.5g
Fat, total (g)	37g	6.6g
- saturated (g)	19.3g	3.5g
Carbohydrate (g)	73.7g	13.2g
- sugars (g)	25.4g	4.6g
Sodium (mg)	2025mg	363mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://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 **carrot** (unpeeled) into 1cm half-moons. Cut the **parsnip** (unpeeled) into 2cm chunks. Cut the **beetroot** (unpeeled) into 1cm chunks. Slice the **red onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper. Sprinkle with **Nan's special seasoning**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to size so they cook in time.

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



## Cook the haloumi

When the veggies have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **2 minutes** each side. Reduce the heat to medium, then add the **honey** and **thyme**. Cook until fragrant, turning the haloumi to coat, **1 minute**.



## Cook the couscous

While the veggies are roasting, add the **water** and **vegetable stock powder** to a medium saucepan and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



## Get prepped

While the couscous is cooking, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Roughly chop the **spinach & rocket mix**. Pick the **thyme** leaves. Zest the **lemon** to get a pinch, then slice into wedges. Cut the **haloumi** into 1cm-thick slices. In a second small bowl, combine the **Greek-style yoghurt** and **lemon zest**, then season with **salt** and **pepper**. Set aside.



## Bring it all together

Add the roasted **veggies**, **spinach & rocket mix**, a squeeze of **lemon juice** and a drizzle of **olive oil** to the **couscous**. Gently toss to combine, then season to taste.



## Serve up

Divide the roast veggie couscous between bowls. Top with the honey and thyme haloumi. Drizzle over the lemony yoghurt. Sprinkle with the toasted almonds and serve with any remaining lemon wedges.

Enjoy!