



Mediterranean-Style Haloumi

with Lemon Couscous, Roast Veggies & Mint Yoghurt

Grab your Meal Kit with this symbol



White Turnip



Carrot



Garlic & Herb Seasoning



Garlic



Mint



Baby Spinach Leaves



Lemon



Flaked Almonds



Vegetable Stock Powder



Couscous



Haloumi/Grill Cheese



Greek-Style Yoghurt

Prep in: **20-30 mins**
Ready in: **35-45 mins**

A medley of brightly coloured veggies and big flavours like garlic and herb spices are super filling while still feeling fresh and light. A smooth dollop of yoghurt tops off a dish whose star really is the golden, gooey haloumi - it's outrageously good!

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 frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white turnip	1	2
carrot	1	2
garlic & herb seasoning	1 sachet	1 sachet
haloumi/grill cheese	1 packet	2 packets
garlic	2 cloves	4 cloves
mint	1 bag	1 bag
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
flaked almonds	1 packet	2 packets
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
honey*	½ tbs	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2767kJ (661Cal)	697kJ (167Cal)
Protein (g)	35.3g	8.9g
Fat, total (g)	31.1g	7.8g
- saturated (g)	18.8g	4.7g
Carbohydrate (g)	60.5g	15.2g
- sugars (g)	16.3g	4.1g
Sodium (mg)	2161mg	544mg

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](https://www.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 oven to **220°C/200°C fan forced**.
- Cut **white turnip** into bite-sized chunks. Slice **carrot** into thick rounds.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **garlic & herb seasoning** and a good pinch of **salt** and **pepper** and toss to coat.
- Spread out evenly, then roast until tender, **25-30 minutes**.



Cook the couscous

- In a medium saucepan, combine the **water** and **vegetable stock powder** and bring to the boil.
- Add **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork.
- When the **roasted veggies** are done, toss them through the **couscous**. Add **baby spinach**, **lemon zest** and a generous squeeze of **lemon juice** to the **couscous**. Season, stir to combine and cover to keep warm.



Get prepped

- Meanwhile, cut **haloumi** into 1cm-thick slices. Finely chop **garlic**. Pick and finely slice **mint** leaves. Roughly chop **baby spinach** leaves. Zest **lemon** to get a generous pinch, then slice into wedges.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Cook the haloumi

- While the couscous is cooking, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **haloumi**, until golden brown, **1-2 minutes** each side.
- Remove the pan from heat, then add the **honey** and toss **haloumi** to coat.



Make the mint yoghurt

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Transfer **garlic oil** to a small bowl and allow to cool for **5 minutes**.
- Add **Greek-style yoghurt** to **garlic oil mixture** and stir to combine. Add 1/2 the **mint** and season to taste with **salt** and **pepper**. Set aside.



Serve up

- Divide lemon and roast veggie couscous between bowls, then top with haloumi.
- Spoon over mint yoghurt. Sprinkle over toasted almonds.
- Garnish with remaining mint and 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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