



# MOROCCAN SPICED HALOUMI & HERBED COUSCOUS

with Roasted Veggies & Yoghurt



Coat haloumi in spices for extra flavour



Red Onion



Capsicum



Carrot



Tomato



Lemon Pepper Spice Blend



Haloumi



Vegetable Stock



Couscous



Souk Market Spice Blend



Mint



Parsley



Greek Yoghurt

**Pantry Staples:** Olive Oil, Plain Flour, Honey

Hands-on: **25-35 mins**  
Ready in: **30-40mins**

Adding texture to your meal is an instant way to supercharge the flavour. With our Souk Market spice blend coating gooey haloumi and lightly charred edges on your roasted veggies, this is a dinner to remember.

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **large frying pan**



### 1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** into 2cm wedges. Cut the **capsicum** into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm batons. Finely chop the **tomato**. Place the **onion, capsicum** and **carrot** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and sprinkle with the **lemon pepper spice blend**. Toss to coat, then roast until tender and lightly browned, **15-18 minutes**.



### 4 COOK THE HALOUMI

While the couscous is cooking, drain the **haloumi** and pat dry with paper towel. Combine the **Souk Market spice blend** and **plain flour** on a plate. **Drizzle** the **haloumi** with **olive oil** and press into the **spice mixture** to coat all over. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, cook the **haloumi** until golden brown, **2 minutes** on each side.



### 2 SOAK THE HALOUMI

Cut the **haloumi** into 1cm-thick slices. Place the **haloumi** slices in a small bowl of cold water and set aside to soak for **5 minutes**. **TIP:** Soaking the **haloumi** helps mellow out the saltiness!



### 5 FINISH THE COUSCOUS

Pick and finely chop the **mint** and **parsley** leaves. Add the **tomato, mint** and **1/2** the **parsley** to the saucepan with the **couscous** and stir to combine. In a small bowl, combine the **Greek yoghurt, the water (for the dressing)** and **honey**.



### 3 COOK THE COUSCOUS

While the haloumi is soaking, bring the **water (for the couscous)** and crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)** to the boil in a medium saucepan. Add the **couscous** 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 and set aside, uncovered.



### 6 SERVE UP

Divide the herbed couscous, lemon pepper veggies and spiced haloumi between bowls. Drizzle over the yoghurt dressing and garnish with the remaining parsley.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

|                           | 2P              | 4P               |
|---------------------------|-----------------|------------------|
| olive oil*                | refer to method | refer to method  |
| red onion                 | 1               | 2                |
| capsicum                  | 1               | 2                |
| carrot                    | 1               | 2                |
| tomato                    | 1               | 2                |
| lemon pepper spice blend  | 1 sachet        | 2 sachets        |
| haloumi                   | 1 block         | 2 blocks         |
| water* (for the couscous) | ¾ cup           | 1½ cups          |
| vegetable stock           | 1 cube          | 2 cubes          |
| couscous                  | 1 packet        | 2 packets        |
| Souk Market spice blend   | 1 sachet        | 2 sachets        |
| plain flour*              | 4 tsp           | 2½ tbs           |
| mint                      | 1 bunch         | 1 bunch          |
| parsley                   | 1 bunch         | 1 bunch          |
| Greek yoghurt             | 1 packet (100g) | 2 packets (200g) |
| water* (for the dressing) | 1 tsp           | 2 tsp            |
| honey*                    | 1 tsp           | 2 tsp            |

\*Pantry Items

| NUTRITION        | PER SERVING     | PER 100G       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2850kJ (680Cal) | 507kJ (121Cal) |
| Protein (g)      | 32.0g           | 5.7g           |
| Fat, total (g)   | 32.0g           | 5.7g           |
| - saturated (g)  | 16.4g           | 2.9g           |
| Carbohydrate (g) | 61.0g           | 10.8g          |
| - sugars (g)     | 20.4g           | 3.6g           |
| Sodium (g)       | 1490mg          | 266mg          |

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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