

MOROCCAN SPICED HALOUMI & HERBED COUSCOUS

with Roasted Veggies & Yoghurt





Coat haloumi in spices for extra flavour











Carrot



Haloumi

Lemon Pepper Spice Blend







Vegetable Stock

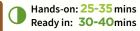
Souk Market Spice Blend





Greek Yoghurt

Pantry Staples: Olive Oil, Plain Flour, Honey



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.

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



Preheat the oven to 220°C/200°C fanforced. 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.



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!



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.



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.



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.



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

ENJOY!

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	21/2 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

PER SERVING	PER 100G
2850kJ (680Cal)	507kJ (121Cal)
32.0g	5.7g
32.0g	5.7g
16.4g	2.9g
61.0g	10.8g
20.4g	3.6g
1490mg	266mg
	2850kJ (680Cal) 32.0g 32.0g 16.4g 61.0g 20.4g

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

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