



# Haloumi & Roast Beetroot Couscous

with Creamy Pesto Dressing

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Beetroot



Carrot



Vegetable Stock Powder



Couscous



Baby Spinach Leaves



Creamy Pesto Dressing



Flaked Almonds



Haloumi

Prep in: 15-25 mins  
Ready in: 25-35 mins

Couscous, our favourite grain, is back again to star in another dinner winner. Watch squeaky haloumi get golden in the pan, while the roast veggies crisp up in the oven. Top it all off with a dollop of creamy pesto dressing and some flaked almonds for crunch!

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

### Pantry items

Olive Oil, Honey, White Wine Vinegar



## 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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
haloumi	1 packet	2 packets
beetroot	1	2
carrot	½	1
<b>water*</b>	¾ cup	1 ½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
<b>honey*</b>	1tbs	2tbs
baby spinach leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2872kJ (686Cal)	818kJ (196Cal)
Protein (g)	27g	7.7g
Fat, total (g)	40.8g	11.6g
- saturated (g)	16.1g	4.6g
Carbohydrate (g)	52.2g	14.9g
- sugars (g)	17.9g	5.1g
Sodium (mg)	1641mg	467mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4024kJ (962Cal)	912kJ (218Cal)
Protein (g)	44.1g	10g
Fat, total (g)	63.6g	14.4g
- saturated (g)	30.5g	6.9g
Carbohydrate (g)	53.4g	12.1g
- sugars (g)	18.8g	4.3g
Sodium (mg)	2676mg	607mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



1



## Roast the beetroot

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **haloumi** into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with water.
- Cut **beetroot** into small chunks.
- Place **beetroot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

**Custom Recipe:** If you've doubled your haloumi, prepare haloumi as above.

3



## Cook the haloumi

- When the veggies have **5 minutes** remaining, drain and pat **haloumi** dry.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **haloumi**, until golden brown, **1-2 minutes** each side.
- In the **last minute** of cook time, add the **honey** to the pan, turning **haloumi** to coat.

**Custom Recipe:** Cook haloumi in batches for the best results. Return all cooked haloumi to pan before adding the honey.

2



## Cook the carrot couscous

- Grate **carrot** (see ingredients).
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**.
- Add the **water** and **vegetable stock powder** and bring to the boil.
- Add **couscous**, stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.

4



## Serve up

- To the bowl with the couscous, add the roasted beetroot, **baby spinach leaves** and a drizzle of the **white wine vinegar**. Toss to combine. Season to taste.
- Divide roasted beetroot couscous between bowls. Top with haloumi, **creamy pesto dressing** and **flaked almonds** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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