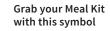


Honey Haloumi & Wholemeal Couscous Salad

with Creamy Pesto Dressing & Lemon

NEW

CLIMATE SUPERSTAR





















Red Radish

Cucumber



Vegetable Stock

Wholemeal Couscous

Creamy Pesto Dressing



Spinach & Rocket

Pantry items Olive Oil, Honey

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

*Custom Recipe only Carb Smart[^] ^Custom recipe is not Carb Smart

Sometimes only a big bowl of our favourite wholemeal couscous will do! The grain so nice that they named it twice, will provide the best base for honey haloumi. With veggies aplenty and pesto sauce, this one gets 5 stars from us!

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

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
haloumi	1 packet	2 packets		
lemon	1/2	1		
garlic	2 cloves	4 cloves		
thyme	1 packet	1 packet		
red radish	2	4		
cucumber	1	2		
water*	¾ cup	1½ cups		
vegetable stock powder	1 medium sachet	1 large sachet		
wholemeal couscous	1 medium packet	2 medium packets		
honey*	1 tsp	2 tsp		
spinach & rocket mix	1 medium packet	2 medium packets		
creamy pesto dressing	1 medium packet	1 large packet		
chicken breast**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g		
Energy (kJ)	2642kJ (631Cal)	793kJ (190Cal)		
Protein (g)	26.6g	8g		
Fat, total (g)	40.8g	12.3g		
- saturated (g)	16.4g	4.9g		
Carbohydrate (g)	35.8g	10.8g		
- sugars (g)	7.9g	2.4g		
Sodium (mg)	1596mg	479mg		
Dietary Fibre (g)	9.8g	2.9g		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3354kJ (802Cal)	673kJ (161Cal)
Protein (g)	63.2g	12.7g
Fat, total (g)	43.3g	8.7g
- saturated (g)	17.2g	3.5g
Carbohydrate (g)	36g	7.2g
- sugars (g)	7.9g	1.6g
Sodium (mg)	1667mg	335mg

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 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





- To a medium bowl, add **haloumi** and cover with water to soak.
- · Zest lemon to get a pinch and slice into wedges.
- Finely chop garlic.
- Pick thyme leaves.
- Thinly slice **red radish** and **cucumber** into rounds.



Cook couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook garlic until fragrant, 1 minute.
- Add the water and vegetable stock powder and bring to the boil. Add wholemeal couscous and stir to combine.
- Cover with a lid and remove from heat. Set aside until all the water is absorbed, 5 minutes.



Cook haloumi

- Drain haloumi and pat dry. Cut haloumi into 1cm-thick slices.
- 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.
- Remove from heat, add the honey, thyme and a splash of water turning haloumi to coat.

Custom Recipe: If you've added chicken, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Heat pan as above. Before cooking haloumi, cook chicken, turning, until browned and cooked through (when no longer pink inside), 3-6 minutes each side. Transfer to a plate and continue with step.



Serve up

- Add radish, cucumber, **spinach & rocket mix**, lemon zest, a good squeeze of lemon juice and a drizzle of olive oil to the couscous. Season to taste.
- Divide wholemeal couscous salad between bowls, then top with haloumi.
- · Drizzle over creamy pesto dressing.
- Serve with any remaining lemon wedges. Enjoy!

Custom Recipe: Divide wholemeal couscous salad between bowls and top with haloumi and chicken as above.

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

