HELLO FRESH

Honey Haloumi & Wholemeal Couscous Salad
with Creamy Pesto Dressing & Lemon

NEW | CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol

Haloumi

Lemon

Garlic

Thyme

Red Radish

Cucumber

Vegetable Stock Powder

Wholemeal Couscous

Spinach & Rocket Mix

Creamy Pesto Dressing

Chicken Breast

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

Eat Me Early*
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!

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

Pantry items

Olive Oil, Honey

Q

Before you start

Wash your hands and any fresh food.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
haloumi	1 packet	2 packets
lemon	½	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.

1

Get prepped

- 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.

2

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**.

3

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.

4

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.