



Dukkah Couscous Haloumi Bowl

with Roast Veggies & Lemon Yoghurt

Grab your Meal Kit with this symbol



Beetroot



Red Onion



Peeled & Chopped Pumpkin



Garlic



Couscous



Currants



Haloumi



Lemon



Greek Yoghurt



Walnuts



Dukkah



Mint

Hands-on: **35-45 mins**
Ready in: **40-50 mins**

Taste the rainbow for dinner tonight with colourful roasted veggies and a scattering of sweet currants, all stirred through fluffy, filling couscous. Topped off with golden haloumi and a bite of dukkah, this bountiful bowl packs a punch in all the right ways.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
red onion	½	1
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	¾ cup	1 ½ cups
couscous	1 packet	2 packets
currants	1 packet	2 packets
haloumi	1 block	2 blocks
lemon	½	1
Greek yoghurt	1 packet (100g)	1 packet (200g)
walnuts	1 packet	2 packets
dukkah	1 sachet	2 sachets
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3450kJ (824Cal)	778kJ (186Cal)
Protein (g)	34.9g	7.9g
Fat, total (g)	45.6g	10.3g
- saturated (g)	22.2g	5.0g
Carbohydrate (g)	66.0g	14.9g
- sugars (g)	24.4g	5.5g
Sodium (g)	1330mg	300mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** (unpeeled) into 1cm cubes. Cut the **red onion** (see ingredients list) into 3cm-thick wedges. Place the **peeled & chopped pumpkin, beetroot** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread out in a single layer and roast until tender, **25-30 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



4. Toast the walnuts & dukkah

Heat a medium frying pan over a medium-high heat. Add the **walnuts** and toast, tossing, until fragrant, **3-4 minutes**. Transfer to a plate. Return the pan to a medium-high heat and add the **dukkah**. Toast, tossing occasionally, until golden and fragrant, **2-3 minutes**. Transfer to a bowl.

TIP: Our dukkah has a slight aniseed flavour, use less if you're not a fan!



2. Cook the couscous

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and bring to the boil. Add the **couscous** and **currants**, stir to combine, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



5. Cook the haloumi

When the veggies have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Pat the **haloumi** dry with paper towel and add to the pan. Cook until golden brown, **2 minutes** each side. Pick and roughly chop the **mint** leaves.



3. Prep the haloumi & yoghurt

Cut the **haloumi** into 1cm slices (you should get 3 pieces per person). Place the **haloumi** in a small bowl of cold water and set aside to soak for **5 minutes**. Slice the **lemon** (see ingredients list) into wedges. In a small bowl, combine the **Greek yoghurt** and a **squeeze** of **lemon juice**. Season with **salt** and **pepper**.

TIP: Soaking the haloumi helps mellow out the saltiness!



6. Serve up

Before serving, stir the roast veggies, dukkah and 1/2 the mint through the couscous. Divide the dukkah couscous between bowls. Top with the haloumi and walnuts. Spoon over the lemon yoghurt and garnish with the remaining mint. Serve with any remaining lemon wedges.

Enjoy!