



# Greek-Style Haloumi & Fetta Salad

with Olives, Sweet Potato Couscous & Creamy Pesto

Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Cucumber



Red Onion



Parsley



Garlic



Pearl Couscous



Currants



Creamy Pesto Dressing



Fetta Cubes



Green Olives



Haloumi

Prep in: **20-30 mins**  
Ready in: **30-40 mins**

With favourite ingredients from the sun-soaked Mediterranean region, this bowl is supercharged with flavour and texture - from the squeaky haloumi and creamy fetta (yep, double cheese!) and perfectly salty green olives, through to the crunchy cucumber and al dente pearl couscous. Bring it all together with some peppery parsley and a good drizzle of our bright pesto dressing.

### Pantry items

Olive Oil, White Wine Vinegar

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
haloumi	1 packet	2 packets
tomato	1	2
cucumber	1	2
red onion	¼	½
parsley	1 bag	1 bag
garlic	2 cloves	4 cloves
creamy pesto dressing	1 packet (50g)	1 packet (100g)
pearl couscous	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
currants	1 medium packet	1 large packet
green olives	1 medium packet	1 large packet
<b>white wine vinegar*</b>	1 tsp	2 tsp
fetta cubes	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3758kJ (898Cal)	670kJ (160Cal)
Protein (g)	33.1g	5.9g
Fat, total (g)	47.5g	8.5g
- saturated (g)	17.8g	3.2g
Carbohydrate (g)	79.1g	14.1g
- sugars (g)	21.1g	3.8g
Sodium (mg)	1655mg	295mg

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.



## Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into small chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Make the salad

- While the couscous is cooking, combine **tomato**, **cucumber**, **onion** and remaining **olives** in a medium bowl.
- Add a drizzle of **white wine vinegar** and **olive oil**.
- Crumble in **fetta cubes**, then stir to combine.



## Get prepped

- Meanwhile, cut **haloumi** into 1cm-thick slices.
- Thinly slice **tomato** into half-moons. Roughly chop **cucumber**.
- Thinly slice **red onion** (see ingredients). Finely chop **parsley** leaves. Finely chop **garlic**.
- In a small bowl, combine **creamy pesto dressing** with a splash of **water**.



## Cook the haloumi

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **haloumi** until golden, **1-2 minutes** each side.



## Make the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pearl couscous** and **garlic**, stirring occasionally, until golden and fragrant, **1-2 minutes**.
- Add the **water**, **currants** and a pinch of **salt**. Reduce heat to medium, then simmer, stirring occasionally, until couscous is tender and water is absorbed, **10-12 minutes**.
- Stir through roasted **sweet potato**, 1/2 the **parsley** and 1/2 the **green olives**.



## Serve up

- Divide sweet potato couscous between bowls.
- Top with feta salad and haloumi.
- Drizzle with **creamy pesto dressing**.
- Garnish with remaining parsley to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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