



Honey-Glazed Haloumi & Pearl Couscous

with Chermoula Roast Veggies & Yoghurt



Cauliflower



Red Onion



Carrot



Beetroot



Chermoula Spice Blend



Haloumi



Pearl Couscous



Vegetable Stock Powder



Greek-Style Yoghurt



Hands-on: 30-40 mins
Ready in: 40-50 mins

Is there a more perfect partner for salty, squeaky haloumi than sweet and sticky honey? Serve this vegetarian protein on a bed of doughy pearl couscous tossed with Moroccan-spiced veggies and we bet you'll agree!

The recent harsh weather conditions have impacted the zucchini grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil, Honey

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 · Large saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|------------------------|------------------|-----------------|
| olive oil* | refer to method | refer to method |
| cauliflower | 1 medium portion | 1 large portion |
| red onion | 1 | 2 |
| carrot | 1 | 2 |
| beetroot | 1 | 2 |
| chermoula spice blend | 1 sachet | 2 sachets |
| haloumi | 1 packet | 2 packets |
| pearl couscous | 1 medium packet | 1 large packet |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| honey* | 2 tsp | 1 tbs |
| Greek-style yoghurt | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3155kJ (754Cal) | 541kJ (129Cal) |
| Protein (g) | 33.8g | 5.8g |
| Fat, total (g) | 29.3g | 5g |
| - saturated (g) | 15.9g | 2.7g |
| Carbohydrate (g) | 82.8g | 14.2g |
| - sugars (g) | 32.8g | 14.2g |
| Sodium (mg) | 1951mg | 334mg |

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Boil the kettle. Cut the **cauliflower** into small florets. Cut the **red onion** into thick wedges. Cut the **carrot** into bite-sized chunks. Cut the **beetroot** into small cubes. Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **chermoula spice blend** and season with **salt** and **pepper**. Toss to coat, spread in a single layer and roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Cook the haloumi

When the veggies have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Pat the **haloumi** dry with paper towel. When the oil is hot, cook the **haloumi** until golden brown, **2 minutes** each side. Reduce the heat to medium, then add the **honey**. Cook, turning the **haloumi** to coat, until fragrant, **1-2 minutes**.



Prep the haloumi

Cut the **haloumi** into 1cm-thick slices.



Cook the pearl couscous

In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Toast the **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**. Half-fill the saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain and rinse, then transfer to a large bowl. Drizzle with **olive oil** and stir through the **vegetable stock powder**.



Finish the couscous

Gently stir the roasted veggies through the **couscous**.



Serve up

Divide the roast veggie pearl couscous between plates. Top with the honey-glazed haloumi. Serve with a dollop of the **Greek-style yoghurt**.

Enjoy!

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