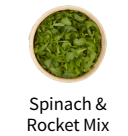




Easy Honey-Sesame Haloumi Bowl

with Couscous & Roasted Veggies

Grab your Meal Kit with this symbol



Hands-on: 10-20 mins
Ready in: 25-35 mins

There was complete mayhem when this dish hit our tasting table. With sweet honey on warm, salty haloumi, plus roasted veggies and couscous, it disappeared from the bowl in record time. Enjoy!

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
zucchini	1	2
lemon	½	1
oregano	1 bunch	1 bunch
water*	¾ cup	1½ cups
garlic & herb seasoning	1 sachet	2 sachets
couscous	1 packet	2 packets
sesame seeds	1 sachet	2 sachets
honey*	1 tbs	2 tbs
spinach & rocket mix	1 bag (30g)	1 bag (60g)
haloumi	1 block	2 blocks

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2992kJ (715Cal)	532kJ (127Cal)
Protein (g)	32.3g	5.7g
Fat, total (g)	31g	5.5g
- saturated (g)	14.1g	2.5g
Carbohydrate (g)	71g	12.6g
- sugars (g)	27.3g	4.9g
Sodium (mg)	1119mg	199mg

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



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Cut the **zucchini** into 1cm rounds. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **20-25 minutes**.

3



Cook the sesame haloumi

Heat a large frying pan over a medium heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. 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. Add the **honey**, **oregano** and toasted **sesame seeds**. Turn to coat.

2



Get prepped

While the veggies are roasting, zest the **lemon** and slice in half. Pick the **oregano** leaves. Cut the **haloumi** in half lengthways to get 1 thin slice per person. In a small bowl, combine the juice of the **lemon**, a generous pinch of **lemon zest** and a drizzle of **olive oil**. Season and set aside. Add the **water** and **garlic & herb seasoning** to a medium saucepan and bring to the boil. Add the **couscous**. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside.

4



Serve up

Add the roasted veggies, spinach & rocket mix and the lemon dressing to the couscous. Gently toss to coat and season to taste. Divide the roasted veggie couscous between bowls. Top with the honey-sesame haloumi and spoon over any remaining sauce.

Enjoy!