



Honey-Sesame Haloumi Couscous Bowl

with Roasted Veggies

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Zucchini



Lemon



Oregano



Vegetable Stock Pot



Couscous



Haloumi



Garlic & Herb Seasoning



Sesame Seeds



Spinach & Rocket Mix

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 · Large saucepan · 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 bag	1 bag
water*	¾ cup	1½ cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
couscous	1 medium packet	1 large packet
haloumi	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
honey*	1 tbs	2 tbs
sesame seeds	1 medium packet	1 large packet
spinach & rocket mix	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3031kJ (724Cal)	529kJ (126Cal)
Protein (g)	30.7g	5.4g
Fat, total (g)	31.3g	5.5g
- saturated (g)	15.2g	2.7g
Carbohydrate (g)	74g	12.9g
- sugars (g)	28.5g	5g
Sodium (mg)	2069mg	361mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into small chunks. Cut **capsicum** into bite-sized chunks. Cut **zucchini** into rounds.
- Place **veggies** on a lined oven tray and drizzle of **olive oil**. Season. Toss to coat, then bake until tender, **20-25 minutes**.
- Meanwhile, zest **lemon** and slice into wedges. Pick **oregano** leaves.
- In a small bowl, combine a squeeze of **lemon juice**, **lemon zest** and a drizzle of **olive oil**. Season and set aside.

3



Cook the sesame haloumi

- Slice **haloumi** into 1cm slices and pat dry. Season with **garlic & herb seasoning**.
- Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- Cook the **haloumi** until golden brown, **1-2 minutes** each side.
- Remove pan from the heat and add the **honey**, **oregano** and **sesame seeds**. Turn to coat.

2



Cook the couscous

- In a large saucepan, add the **water** and **vegetable stock pot**. Bring to the boil.
- Add **couscous**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.

4



Serve up

- Add the roasted veggies, **spinach & rocket mix** and the lemon dressing to the couscous pan. 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. Serve with any remaining lemon wedges.

Enjoy!