



MEDITERRANEAN HALOUMI BOWL

with Pearl Couscous & Kalamata Olives



Toast pearl couscous for a nutty flavour



Sweet Potato



Haloumi



Tomato



Cucumber



Red Onion (Optional)



Parsley



Garlic



Creamy Pesto Dressing



Pearl Couscous



Kalamata Olives



Fetta

Hands-on: **20-30 mins**
Ready in: **30-40mins**

With favourite ingredients from the sun-soaked Mediterranean region, this bowl is supercharged with flavour. From the squeaky haloumi to the kalamata olives, fetta (yep, double cheese!) and pesto dressing, it's a dinner to remember.

Pantry Staples: Olive Oil, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** • **medium frying pan**



1 ROAST THE SWEET POTATO

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread over an oven tray lined with baking paper and roast until tender, **20-25 minutes**. **TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.



2 GET PREPPED

While the sweet potato is roasting, cut the **haloumi** into 1cm-thick slices. Place the haloumi in a medium bowl of cold water and set aside to soak. **TIP:** Soaking the haloumi helps mellow out the saltiness. Thinly slice the **tomato** into half-moons. Roughly chop the **cucumber**. Thinly slice the **red onion** (see ingredients list), if using. Finely chop the **parsley**. Finely chop the **garlic** (or use a garlic press). In a small bowl, combine the **creamy pesto dressing** with a **dash** of **water**.



3 MAKE THE GARLIC COUSCOUS

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



4 MAKE THE SALAD

While the couscous is cooking, in a medium bowl, place the **tomato**, **cucumber**, **onion** (if using), **remaining olives**, **white wine vinegar** and a **drizzle** of **olive oil**. Crumble in the **fetta** and toss to combine.



5 COOK THE HALOUMI

When the couscous has **5 minutes** cook time remaining, drain the **haloumi** slices and pat dry with paper towel. Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. When the oil is hot, add the **haloumi** and cook until golden, **2 minutes** each side.



6 SERVE UP

Divide the sweet potato and olive pearl couscous between bowls. Top with the haloumi slices, salad and drizzle over the creamy pesto dressing. Garnish with the remaining parsley.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	1	2
haloumi	1 packet	2 packets
tomato	1	2
cucumber	1	2
red onion (optional)	¼	½
parsley	1 bag	1 bag
garlic	2 cloves	4 cloves
creamy pesto dressing	1 tub (50g)	1 tub (100g)
pearl couscous	1 packet	2 packets
water*	1 ¼ cups	2 ½ cups
kalamata olives	1 packet	2 packets
white wine vinegar*	1 tsp	2 tsp
fetta	1 block (25g)	1 block (50g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3260kJ (779Cal)	686kJ (164Cal)
Protein (g)	30.3g	6.4g
Fat, total (g)	47.5g	10.0g
- saturated (g)	18.9g	4.0g
Carbohydrate (g)	56.7g	11.9g
- sugars (g)	10.8g	2.3g
Sodium (g)	1420mg	298mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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