

Moroccan-Spiced Haloumi & Veggie Couscous

with Roast Veg, Yoghurt Dressing & Mint

Grab your Meal Kit with this symbol



Red Onion



Beetroot



Carrot



Vegetable Stock Powder



Couscous



Haloumi



Chermoula Spice Blend



Cherry/Snacking Tomatoes



Parsley



Lemon



Greek-Style Yoghurt



Mint

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 35-45 mins

Bursting with paprika, cumin and turmeric, our chermoula spice blend makes the perfect coating for squeaky, salty haloumi - which works a treat with the naturally sweet roasted veg and zesty couscous. Bring everything together with a tangy and creamy yoghurt dressing and sprinkle of fresh mint for an extra burst of colour and flavour.

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
red onion	1	2
beetroot	1	2
carrot	1	2
water*	¾ cup	1 ½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
haloumi	1 packet	2 packets
chermoula spice blend	1 sachet	2 sachets
cherry/snacking tomatoes	1 punnet	2 punnets
parsley	1 medium bag	2 medium bags
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
mint	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2862kJ (684Cal)	508kJ (121Cal)
Protein (g)	30.5g	5.4g
Fat, total (g)	29.8g	5.3g
- saturated (g)	15.5g	2.8g
Carbohydrate (g)	66.6g	11.8g
- sugars (g)	30g	5.3g
Sodium (mg)	1776mg	315mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** into thick wedges. Cut the **beetroot** into small chunks. Cut the **carrot** into thin sticks.



Roast the veggies

Place the prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**

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



Cook the couscous

While the veggies are roasting, combine the **water** and **vegetable stock powder** in a medium saucepan. Bring to the boil, then add the **couscous**. Stir to combine. Cover with a lid and remove from heat. Set aside until all the water has absorbed, **5 minutes**. Fluff up with a fork.



Cook the haloumi

While the couscous is cooking, cut the **haloumi** into 1cm-thick slices. Place the **chermoula spice blend** on a plate. Drizzle the **haloumi** with **olive oil**, then press into the **spice mixture** to coat all over. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **haloumi** until golden brown, **2 minutes** on each side.



Finish the couscous

Halve the **cherry tomatoes**. Roughly chop the **parsley**. Zest the **lemon** to get a pinch, then cut into wedges. To the saucepan with the **couscous**, add the **tomatoes**, **parsley** and **lemon zest**, gently stirring to combine. In a small bowl, combine the **Greek-style yoghurt**, **honey** and a good squeeze of **lemon juice**. Season to taste.

TIP: Add more or less lemon juice to taste.



Serve up

Pick and roughly chop the **mint** leaves. Divide the veggie couscous between bowls. Top with the roast veggies and Moroccan-spiced haloumi. Drizzle with the yoghurt dressing. Garnish with the mint. Serve with any remaining lemon wedges.

Enjoy!

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