



# Haloumi & Dukkah Couscous Bowl

with Sweet Roasted Veggies & Lemon Yoghurt Drizzle

Grab your Meal Kit with this symbol



Beetroot



Red Onion



Peeled & Chopped Pumpkin



Garlic



Vegetable Stock Powder



Couscous



Currants



Haloumi



Lemon



Yoghurt



Walnuts



Dukkah



Baby Spinach Leaves

Hands-on: **35-45 mins**  
Ready in: **40-50 mins**

Taste the rainbow for dinner tonight with an assortment of colourful roasted veggies and a scattering of sweet currants, all stirred through fluffy, filling couscous. Topped off with golden haloumi and a bite of dukkah, this robust bowl packs a punch in all the right ways.

## Pantry items

Olive Oil

## 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 · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
red onion	½	1
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	1 clove	2 cloves
water*	¾ cup	1 ½ cups
vegetable stock powder	½ sachet	1 sachet
couscous	1 packet	2 packets
currants	1 packet	2 packets
haloumi	1 block	2 blocks
lemon	½	1
yoghurt	1 small packet	1 large packet
walnuts	1 packet	2 packets
dukkah	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3270kJ (781Cal)	721kJ (172Cal)
Protein (g)	37.2g	8.2g
Fat, total (g)	39.5g	8.7g
- saturated (g)	18.2g	4.0g
Carbohydrate (g)	66.5g	14.7g
- sugars (g)	24.6g	5.4g
Sodium (mg)	1590mg	351mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/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 **beetroot** (unpeeled) into 1cm chunks. Slice the **red onion** (see ingredients list) into 2cm wedges. Place the **peeled & chopped pumpkin, beetroot** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Spread in a single layer and roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to size so they cook in time.

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



## 4. Toast the walnuts & dukkah

Heat a medium frying pan over a medium-high heat. Add the **walnuts** and toast, tossing, until fragrant, **3-4 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat and add the **dukkah**. Toast, tossing occasionally, until golden and fragrant, **2-3 minutes**. Transfer to a bowl. Roughly chop the **baby spinach leaves**.

**TIP:** Our dukkah has a slight aniseed flavour, use less if you're not a fan!



## 2. Cook the couscous

While the veggies are roasting, finely chop the **garlic**. In a medium saucepan, add a **drizzle** of **olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **vegetable stock powder** (**1/2 sachet for 2 people / 1 sachet for 4 people**) and bring to the boil. Add the **couscous, currants** and a **drizzle** of **olive oil**. 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.



## 5. Cook the haloumi

When the veggies have **5 minutes** cook time remaining, 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. Just before serving, stir the roasted **veggies, baby spinach** and toasted **dukkah** through the **couscous**.



## 3. Make the lemon yoghurt

While the couscous is cooking, cut the **haloumi** into 1cm slices (you should get 3 pieces per person). Place the **haloumi** slices in a small bowl of cold water and set aside to soak for **5 minutes**. Slice the **lemon** into wedges. In a small bowl, combine the **yoghurt** and a **squeeze** of **lemon juice**. Season with **salt** and **pepper** and set aside.

**TIP:** Soaking the haloumi helps mellow out the saltiness!



## 6. Serve up

Divide the dukkah and veggie couscous between bowls. Top with the haloumi and toasted walnuts. Spoon over the lemon yoghurt and serve with any remaining lemon wedges.

## Enjoy!