



Honey-Glazed Haloumi

with Roasted Cauliflower & Israeli Couscous

Grab your Meal Kit with this symbol



Cauliflower



Red Onion



Carrot



Beetroot



Chermoula Spice Blend



Baby Spinach Leaves



Haloumi



Israeli Couscous



Vegetable Stock Powder



Greek-Style Yoghurt

 Hands-on: **30-40 mins**
Ready in: **40-50 mins**

There was complete mayhem when this dish hit our tasting table. With sweet honey on warm, salty haloumi, plus chermoula-spiced veggies and a cooling yoghurt, 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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
red onion	1 (medium)	1 (large)
carrot	1	2
beetroot	1	2
chermoula spice blend	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
haloumi	1 packet (200g)	2 packets (400g)
Israeli couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
vegetable stock powder	1 medium sachet	1 large sachet
honey*	½ tbs	1 tbs
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2983kJ (713Cal)	534kJ (128Cal)
Protein (g)	36.2g	6.5g
Fat, total (g)	31.7g	5.7g
- saturated (g)	15.8g	2.8g
Carbohydrate (g)	74.1g	13.3g
- sugars (g)	27.6g	4.9g
Sodium (mg)	1777mg	318mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Slice the **red onion** into wedges. Slice the **carrot** into rounds. Cut the **beetroot** into small chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and sprinkle with the **chermoula spice blend**. Season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

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



Cook the haloumi

Wash and dry the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **1-2 minutes** each side. In the last **minute** of cook time, add the **honey** and cook, turning the haloumi to coat. Remove the pan from the heat and set aside.



Get prepped

While the veggies are roasting, roughly chop the **baby spinach leaves**. Cut the **haloumi** into 1cm-thick slices and pat dry with paper towel.



Cook the couscous

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Toast the **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and **vegetable stock powder**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water is absorbed, **10-12 minutes**. Transfer to a large bowl.



Finish the couscous

Add the **roasted veggies** and **baby spinach** to the cooked **couscous** and toss to combine.



Serve up

Divide the roast veggie Israeli couscous between bowls. Top with the honey-glazed haloumi. Serve with a dollop of the **Greek-style yoghurt**.

Enjoy!