



# HONEY & THYME GLAZED HALOUMI

with Chermoula Roasted Veggie Couscous



Add chermoula roasted vegetables to couscous!



Carrot



Zucchini



Cauliflower



Chermoula Spice Blend



Garlic



Thyme



Lime



Haloumi



Flaked Almonds



Greek Yoghurt



Vegetable Stock



Couscous

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

Low calorie

There was complete mayhem when this dish hit our tasting table. With sweet honey and fragrant thyme on warm, salty haloumi, plus chermoula veggies and toasty flaked almonds, it disappeared from the bowl in record time. Enjoy!

**Pantry Staples:** Olive Oil, Honey

# 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 frying pan** • **medium saucepan** with a **lid**



## 1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** (unpeeled) into 1cm chunks. Cut the **zucchini** into 1cm chunks. Cut the **cauliflower** into small chunks. Place the **carrot, zucchini** and **cauliflower** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, sprinkle with the **chermoula spice blend** and season with a **pinch** of **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.



## 2 GET PREPPED

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Zest the **lime** (see **ingredients list**) to get a **good pinch**, then slice into wedges. Cut the **haloumi** into 1cm-thick slices. Place the **haloumi** in a small bowl of cold water and set aside to soak for **5 minutes**.  
**TIP:** Soaking the haloumi helps mellow out the saltiness. Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Set aside.



## 3 MAKE THE GLAZE & YOGHURT

In a small bowl, combine the **garlic, thyme, honey**, a **good pinch** of **lime zest** and a **squeeze** of **lime juice**. Set aside. In a second small bowl, combine the **Greek yoghurt** and a **squeeze** of **lime juice**. Set aside.



## 4 COOK THE COUSCOUS

In a medium saucepan over a medium-high heat, add the **water** and the crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and bring to the boil. Add the **couscous** 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 and season with **salt** and **pepper**.



## 5 FRY THE HALOUMI

When the vegetables have **10 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. Reduce the heat to medium and add the **honey-thyme glaze**. Cook until fragrant, turning the **haloumi** halfway through, **1-2 minutes**.



## 6 SERVE UP

**TIP:** For the low-calorie option, use **1/2 the couscous**. Gently stir the roasted chermoula vegetables through the couscous. Divide the chermoula roasted veggie couscous between plates and top with the honey and thyme glazed haloumi. Spoon over any remaining glaze from the pan. Top with the lime yoghurt and garnish with the flaked almonds. **TIP:** For the low-calorie option, serve with **1/2 the flaked almonds**.

# 2 | 4 PEOPLE INGREDIENTS

|                       | 2P               | 4P               |
|-----------------------|------------------|------------------|
| olive oil*            | refer to method  | refer to method  |
| carrot                | 1                | 2                |
| zucchini              | 1                | 2                |
| cauliflower           | 1 portion (200g) | 1 portion (400g) |
| chermoula spice blend | 1 sachet         | 2 sachets        |
| garlic                | 1 clove          | 2 cloves         |
| thyme                 | 1 bunch          | 1 bunch          |
| lime                  | ½                | 1                |
| haloumi               | 1 packet         | 2 packets        |
| flaked almonds        | 1 packet         | 2 packets        |
| honey*                | 1 tbs            | 2 tbs            |
| Greek yoghurt         | 1 packet (100g)  | 2 packets (200g) |
| water*                | ¾ cup            | 1½ cups          |
| vegetable stock       | 1 cube           | 2 cubes          |
| couscous              | 1 packet         | 2 packets        |

\*Pantry Items

| NUTRITION        | PER SERVING     | PER 100G       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2300kJ (550Cal) | 475kJ (113Cal) |
| Protein (g)      | 29.7g           | 6.1g           |
| Fat, total (g)   | 26.4g           | 5.5g           |
| - saturated (g)  | 15.5g           | 3.2g           |
| Carbohydrate (g) | 44.5g           | 9.2g           |
| - sugars (g)     | 23.6g           | 4.9g           |
| Sodium (g)       | 1570mg          | 324mg          |

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

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# ENJOY!