



MOROCCAN-STYLE HALOUMI

with Couscous Tabbouleh & Yoghurt Dressing



Make a couscous tabbouleh



Garlic



Mint



Haloumi



Tomato



Cucumber



Baby Spinach Leaves



Spring Onion



Greek Yoghurt



Lemon



Vegetable Stock



Couscous



Currants



Chermoula Spice Blend

Hands-on: 25 mins
Ready in: 30 mins

Try our hearty version of tabbouleh with couscous and baby spinach as the base. When paired with Moroccan spiced haloumi (is haloumi our favourite cheese? We can't decide, but when we take a bite of this we think it might be), it really results in something truly delicious.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** with a **lid** • **medium frying pan**



1 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **mint** leaves. Cut the **haloumi** lengthways into 1cm slices. Place the haloumi slices into a medium bowl of cold water and set aside to soak for at least **5 minutes**. **TIP:** Soaking the haloumi helps mellow the saltiness! Finely chop the **tomato** and **cucumber**. Roughly chop the **baby spinach leaves**. Thinly slice the **spring onion**.



2 MAKE THE DRESSING

In a small bowl, combine the **Greek yoghurt**, a **squeeze of lemon juice**, **1/2 the mint** and the **water (for the yoghurt)**. Slice the remaining lemon into wedges.
TIP: Feel free to add more or less lemon juice, depending on your taste.



3 COOK THE COUSCOUS

In a medium saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)**, crumble in the **vegetable stock (1/2 cube for 2 people / 1 cube for 4 people)** and bring to the boil. Add the **couscous**, **currants** and a **drizzle of olive oil**. Stir to combine, place a lid on the saucepan and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



4 COOK THE HALOUMI

Drain the **haloumi** and pat dry with paper towel. In a medium bowl, place the haloumi and **chermoula spice blend** (see ingredients list). Add a **drizzle of olive oil** and toss to coat the haloumi. Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the haloumi and cook until golden brown, **2 minutes** each side. **TIP:** Don't worry if the spice chars slightly in the pan, it will add a smokey flavour to the dish.



5 MAKE THE TABBOULEH

Add the **tomato**, **cucumber**, chopped **baby spinach** and **spring onion** to the **couscous** and stir to combine. Season to taste with **salt** and **pepper**. **TIP:** Seasoning is key in tabbouleh, so taste, season with salt and pepper and taste again - keeping in mind that haloumi is salty!



6 SERVE UP

Divide the couscous tabbouleh between bowls and top with the haloumi. Drizzle with the yoghurt dressing and serve any remaining lemon wedges on the side. Garnish with the remaining mint.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
mint	1 bunch	1 bunch
haloumi	1 block	2 blocks
tomato	1	2
cucumber	1	2
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
spring onion	1 bunch	1 bunch
Greek yoghurt	1 pack (100 g)	2 packs (200 g)
lemon	1	2
water* (for the yoghurt)	3 tsp	1½ tbs
water* (for the couscous)	¾ cup	1½ cup
vegetable stock	½ cube	1 cube
couscous	1 packet	2 packets
currants	1 packet	2 packets
chermoula spice blend	½ sachet	1 sachet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2470kJ (590Cal)	673kJ (161Cal)
Protein (g)	29.8g	8.1g
Fat, total (g)	24.9g	6.8g
- saturated (g)	15.4g	4.2g
Carbohydrate (g)	58.3g	15.9g
- sugars (g)	19.4g	5.3g
Sodium (g)	1350mg	367mg

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

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK14

