



Moroccan-Style Haloumi

with Herbed Couscous Tabbouleh & Yoghurt Dressing

Grab your Meal Kit with this symbol



Parsley



Haloumi



Tomato



Baby Spinach Leaves



Spring Onion



Lemon



Vegetable Stock



Couscous



Greek Yoghurt



Chermoula Spice Blend

 Hands-on: **25-35 mins**
Ready in: **30-40 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? It's almost a sure thing at this point!), it really results in something truly delicious.

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 too.

You will need

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsley	1 bunch	1 bunch
haloumi	1 block	2 blocks
tomato	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
spring onion	1 bunch	1 bunch
lemon	½	1
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	½ sachet	1 sachet
couscous	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (175g)
water* (for the yoghurt)	1 tbs	2 tbs
chermoula spice blend	1 sachet	2 sachets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2640kJ (631Cal)	771kJ (184Cal)
Protein (g)	31.6g	9.2g
Fat, total (g)	34.1g	10.0g
- saturated (g)	17.9g	5.2g
Carbohydrate (g)	47.0g	13.7g
- sugars (g)	9.4g	2.7g
Sodium (g)	1430mg	419mg

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. Get prepped

Roughly chop the **parsley** leaves. Cut the **haloumi** lengthways into 1cm slices. Place the **haloumi** slices in a small bowl of cold water and set aside to soak for **5 minutes**. Finely chop the **tomato**. Roughly chop the **baby spinach** leaves. Thinly slice the **spring onion**. Slice the **lemon** (see **ingredients list**) into wedges.

TIP: Soaking the haloumi helps mellow the saltiness!



4. Cook the haloumi

Drain the **haloumi** and pat dry with paper towel. In a medium bowl, combine the **chermoula spice blend** and a **drizzle** of **olive oil**. Add the **haloumi** and toss to coat. In a medium frying pan, heat a **drizzle** of **olive oil** 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 adds to the flavour!



2. Cook the couscous

Add the **water (for the couscous)** to a medium saucepan with the **vegetable stock (1/2 sachet for 2 people / 1 sachet 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. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



5. Make the tabbouleh

In a large bowl, add the cooked **couscous**, **tomato**, **baby spinach** and **spring onion**. Toss 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!



3. Make the yoghurt dressing

While the couscous is cooking, combine the **Greek yoghurt**, **water (for the yoghurt)** and **1/2 the parsley** in a small bowl. **Squeeze in lemon juice (2 tsp for 2 people / 4 tsp for 4 people)** and mix well.

TIP: Feel free to add more or less lemon juice, depending on your taste.



6. Serve up

Divide the couscous tabbouleh between bowls and top with the Moroccan-style haloumi. Drizzle over the yoghurt dressing and serve with any remaining lemon wedges. Garnish with the remaining parsley.

Enjoy!