



Roast Halloumi and Apple

with Couscous and Pomegranate Walnut Salsa



HELLO POMEGRANATE

The name pomegranate is derived from medieval Latin meaning 'seeded apple'.



Halloumi



Apple



Couscous



Vegetable Stock Pot



Baby Spinach



Walnuts



Flat Leaf Parsley



Pomegranate Seeds

Quick, fresh and easy to prep, this delicious recipe is a real taste of summer. The sweet caramelised flavour of baked apples works brilliantly with salty halloumi, making it the perfect addition to a nutty couscous salad. Top with your pomegranate salsa for a final burst of colour and pour yourself a chilled glass of wine - enjoy!

25 mins

2 of your 5 a day

Veggie

MEAL BAG

8

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, 2 Bowls** and some **Clingfilm**. Now, let's get cooking!



1 PREP!

Preheat oven to 200°C. Boil the kettle for water to use for the **couscous**. Cut each **halloumi block** into eight slices. Cut the **apple** into quarters and remove any core, then chop into 1cm wide slices.



2 ROAST THE CHEESE

Lightly **oil** a baking tray, then lay the **halloumi** and **apple slices** on top. Drizzle over a little more **oil**. Roast on the top shelf of the oven until the **halloumi** is golden and the **apple** softened, 15-20 mins.



3 COOK THE COUSCOUS

Meanwhile, put the **couscous** and **stock pot** in a large bowl. Pour the boiling **water** (see ingredients for amount) into the bowl and stir to dissolve the **stock**. Mix in the **spinach** and cover tightly with cling film. Leave to the side for 10 mins.



4 MAKE THE SALSA

In the meantime, roughly chop the **walnuts** and **flat leaf parsley**. Pop in a bowl, add a glug of **oil** and the **pomegranate seeds**. Set aside.



5 TIDY UP!

Once the **couscous** is ready, add **half** of the **salsa** to the bowl of **couscous**. Mix well, then season to taste with **salt** and **pepper**. Once everything is done, tidy up. Prepare your plates and a grab glass of wine!



6 TIME TO PLATE

Spoon the **couscous** into bowls and lay the **halloumi** and **apple** on top. Spoon the remaining **pomegranate walnut salsa** on top and **devour!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	700ml	1.2L	1.4L
Halloumi 7)	1 block	1½ blocks	2 blocks
Apple	1	2	2
Couscous 13)	150g	225g	300g
Vegetable Stock Pot 10) 14)	½	¾	1
Baby Spinach	1 small bag	1 small bag	1 large bag
Walnuts 2)	20g	40g	40g
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Pomegranate Seeds	1 pack	1 pack	2 packs

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 744G	PER 100G
Energy (kcal)	813	109
(kJ)	3402	457
Fat (g)	38	5
Sat. Fat (g)	19	3
Carbohydrate (g)	73	10
Sugars (g)	21	3
Protein (g)	43	6
Salt (g)	5.50	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 10) Celery 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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