



Golden Haloumi & Garlic-Herb Couscous

with Roasted Rainbow Veggies & Yoghurt

Grab your Meal Kit with this symbol



Baby Rainbow Carrots



Beetroot



Red Onion



Haloumi



Garlic



Baby Spinach Leaves



Garlic & Herb Seasoning



Vegetable Stock



Couscous



Yoghurt

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

A medley of brightly coloured veggies and big flavours like garlic and herb spices are super filling while still feeling fresh and light. A smooth dollop of yoghurt tops off a dish whose star, really, is the golden, squeaky haloumi - it's outrageously good!

Pantry items

Olive Oil, Butter

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 ·
Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby rainbow carrots	1 bunch	2 bunches
beetroot	1	2
red onion	1 (medium)	1 (large)
haloumi	1 block	2 blocks
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	20g	40g
garlic & herb seasoning	½ sachet	1 sachet
water*	¾ cup	1½ cups
vegetable stock	1 sachet	1 sachet
couscous	1 packet	2 packets
yoghurt	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2840kJ (678Cal)	723kJ (173Cal)
Protein (g)	32.0g	8.2g
Fat, total (g)	34.9g	8.9g
- saturated (g)	22.4g	5.7g
Carbohydrate (g)	56.0g	14.2g
- sugars (g)	16.9g	4.3g
Sodium (mg)	1580mg	401mg

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. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **baby rainbow carrots** and scrub them clean. Cut the **beetroot** (unpeeled) into 1cm chunks. Slice the **red onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper and **drizzle** with **olive oil**. Season with **salt** and **pepper** and toss to coat. Arrange in a single layer and roast until tender, **20-25 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.

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



4. Cook the haloumi

When the veggies have **5 minutes** cook time remaining, heat a medium frying pan over 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.



2. Get prepped

While the veggies are roasting, cut the **haloumi** into 1cm slices. Place the **haloumi** slices in a bowl of cold water to soak. Finely chop the **garlic** (or use a garlic press). Roughly chop the **baby spinach leaves**.

TIP: Soaking the haloumi helps mellow out the saltiness!



5. Finish the couscous

When the **couscous** is done, stir through the **baby spinach** and season to taste with **pepper**.



3. Cook the couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and **garlic & herb seasoning** (see ingredients list) and cook until fragrant, **1 minute**. Add the **water** and **vegetable stock** 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.



6. Serve up

Divide the garlic and herb couscous between plates. Top with the roasted veggies and haloumi. Spoon over the **yoghurt**.

Enjoy!