



# Honey-Glazed Haloumi Bowl

with Roasted Cauliflower & Israeli Couscous

Grab your Meal Kit with this symbol



Cauliflower



Red Onion



Carrot



Beetroot



Chermoula Spice Blend



Baby Spinach Leaves



Haloumi



Israeli Couscous



Vegetable Stock Powder



Yoghurt

Hands-on: 30-40 mins  
Ready in: 40-50 mins

There was complete mayhem when this dish hit our tasting table. With sweet honey on warm, salty haloumi, plus chermoula-spiced veggies and a cooling yoghurt, it disappeared from the bowl in record time. Enjoy!

## Pantry items

Olive Oil, Honey

## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
red onion	1 (medium)	1 (large)
carrot	1	2
beetroot	1	2
chermoula spice blend	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
haloumi	1 block	2 blocks
Israeli couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
vegetable stock powder	1 sachet	1 sachet
honey*	2 tsp	4 tsp
yoghurt	1 small packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2680kJ (639Cal)	552kJ (132Cal)
Protein (g)	33.4g	6.9g
Fat, total (g)	27.6g	5.7g
- saturated (g)	17.0g	3.5g
Carbohydrate (g)	60.3g	12.4g
- sugars (g)	21.8g	4.5g
Sodium (mg)	1690mg	349mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Slice the **red onion** into 2cm wedges. Cut the **carrot** (unpeeled) into 2cm chunks. Cut the **beetroot** (unpeeled) into 1cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and sprinkle with the **chermoula spice blend**. Season with **salt** and **pepper**. Spread in a single layer and roast until tender, **25-30 minutes**.

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

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



## Cook the haloumi

When the veggies have **5 minutes** cook time remaining, wash and dry the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Pat the **haloumi** dry with paper towel, then add to the pan. Cook until golden brown, **2 minutes** each side. In the last **1 minute** of cook time, add the **honey**. Cook until the honey is fragrant and the haloumi is coated, **1 minute**.



## Prep the haloumi

While the veggies are roasting, roughly chop the **baby spinach leaves**. Cut the **haloumi** into 1cm-thick slices. Place the **haloumi** slices in a small bowl of **cold water** and set aside to soak for **5 minutes**.

**TIP:** Soaking the haloumi helps mellow out the saltiness!



## Finish the couscous

Add the roasted **veggies** and **baby spinach** to the cooked **couscous** and toss to combine.



## Cook the couscous

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **Israeli couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and **vegetable stock powder**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water is absorbed, **10-12 minutes**. Transfer to a large bowl.



## Serve up

Divide the veggie couscous between bowls. Top with the honey-glazed haloumi and the **yoghurt**.

**Enjoy!**