



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 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!