



Honey & Thyme-Glazed Haloumi

with Chermoula Roasted Veggie Couscous

Grab your Meal Kit
with this symbol



Carrot



Beetroot



Yellow Squash



Chermoula Spice Blend



Garlic



Thyme



Lime



Haloumi



Pepitas



Greek-Style Yoghurt



Vegetable Stock



Couscous



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

There was complete mayhem when this dish hit our tasting table. With sweet honey and fragrant thyme on warm, salty haloumi, plus chermoula veggies and pepitas, 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 · Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
beetroot	1	2
yellow squash	1 packet (100g)	1 packet (200g)
chermoula spice blend	1 sachet	2 sachets
garlic	1 clove	2 cloves
thyme	1 bunch	1 bunch
lime	½	1
haloumi	1 packet	2 packets
pepitas	1 packet	2 packets
honey*	1 tbs	2 tbs
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
water*	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3205kJ (766Cal)	659kJ (157Cal)
Protein (g)	35.7g	7.3g
Fat, total (g)	36.5g	7.5g
- saturated (g)	16.3g	3.4g
Carbohydrate (g)	69.1g	14.2g
- sugars (g)	32.9g	6.8g
Sodium (mg)	1618mg	333mg

Allergens

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

Visit hellofresh.com.au/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**. Cut the **carrot** (unpeeled), **beetroot** and **yellow squash** into 1cm chunks. Place the **carrot**, **beetroot** and **squash** on an oven tray lined with baking paper. Drizzle with **olive oil**, sprinkle over the **chermoula spice blend** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.

2



Get prepped

While the veggies are roasting, finely chop the **garlic**. Pick the **thyme** leaves. Zest the **lime** to get a good pinch, then slice into wedges. Cut the **haloumi** into 1cm-thick slices. Place in a small bowl of cold water and set aside to soak for **5 minutes**. Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast until golden, **3-4 minutes**. Set aside.

TIP: Soaking the haloumi helps mellow out the saltiness.

3



Make the glaze & yoghurt

In a small bowl, combine the **thyme**, **lime zest**, a squeeze of **lime juice**, **garlic** and **honey** and set aside. In another small bowl, add the **Greek-style yoghurt** and stir through a squeeze of **lime juice**. Season to taste and set aside.

4



Make the couscous

In a medium saucepan over a medium-high heat, add the **water** and the crumbled **vegetable stock** (1 cube for 2 people / 2 cubes 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. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.

5



Fry the haloumi

Return the frying pan to 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. Remove from the heat, add the **honey** and **thyme glaze** and toss to coat.

6



Serve up

Gently stir the roasted chermoula vegetables through the couscous. Divide the chermoula roasted veggie couscous between plates and top with the honey and thyme-glazed haloumi. Spoon over any remaining glaze from the pan. Top with the lime yoghurt and garnish with the pepitas.

Enjoy!