



# 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

MEAL BAG  
8

25 mins

2 of your 5 a day

Veggie

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!

## 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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