



Fig-Glazed Halloumi Bowl

with Lemony Couscous and Garlic Sauce

Veggie

30 Minutes



Halloumi Cheese



Italian Seasoning



Fig Jam



Zucchini



Sweet Bell Pepper



Garlic



Red Onion, chopped



Lemon



Greek Yogurt



Israeli Couscous



Garlic Salt



Parsley

HELLO HALLOUMI

This salty, unripened cheese has a high melting point that makes it ideal for pan-frying or grilling!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Garlic Guide for Steps 5 and 6 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

Bust out

Baking sheet, measuring spoons, strainer, zester, medium pot, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Halloumi Cheese	200 g	400 g
Italian Seasoning	1 tbsp	2 tbsp
Fig Jam	2 tbsp	4 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Garlic	3 g	6 g
Red Onion, chopped	56 g	113 g
Lemon	1	2
Greek Yogurt	100 ml	200 ml
Israeli Couscous	¾ cup	1½ cup
Garlic Salt	1 tsp	2 tsp
Parsley	7 g	14 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, peel, then mince or grate **garlic**. Cut **zucchini** into ½-inch rounds. Core, then cut **pepper** into 1-inch pieces. Finely chop **parsley**. Zest **lemon**, then cut into wedges. Cut **halloumi** into ½-inch cubes. Rinse **halloumi** in a strainer, under **cold water**, then pat dry with paper towels.



Cook halloumi

While **couscous** cooks, heat a large non-stick pan over medium heat. When hot, add **halloumi** to the dry pan. Cook, stirring occasionally, until golden-brown, 4-5 min. Reduce heat to medium-low, then add **fig jam** and **1 tbsp water**. Cook, stirring often, until **fig jam** thickens slightly and coats **halloumi**, 1-2 min. (**NOTE:** Don't overcrowd the pan. Cook in 2 batches for 4 ppl, using half the fig jam and 1 tbsp water for each batch.)



Roast veggies

Add **zucchini, peppers, onions** and **1 ½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **Italian Seasoning, garlic salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until tender, 14-16 min.



Make garlic sauce

While **halloumi** cooks, whisk together **yogurt** and **½ tsp garlic** in a small bowl. (**NOTE:** Reference garlic guide.) Squeeze a **lemon wedge** over top (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



Cook couscous

While **veggies** roast, add **couscous** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min. Drain and return **couscous** to the same pot, off heat.



Finish and serve

Add **lemon zest**, **½ tsp garlic** and **1 tbsp oil** (dbl for 4 ppl) to the pot with **couscous**. (**NOTE:** Reference garlic guide.) Season with **salt**, then stir to combine. Divide **couscous** between bowls. Top with **roasted veggies** and **halloumi**, then dollop with **garlic sauce**. Sprinkle **parsley** over top and serve with **lemon wedges**, if desired.

Dinner Solved!