

# DINNERLY



## Haloumi Rocket Salad

Midday Mega-Saver!



under 20 minutes



2 Servings

Down tools and drool... it's lunch time! Whether in the staff room at work or al desko at home, eating a yummy lunch is key to work-life happiness. So make your lunch smarter, quicker and way more affordable with our tasty recipes.



### WHAT WE SEND

- 150g couscous <sup>1,4</sup>
- 5g chermoula seasoning <sup>3</sup>
- 180g haloumi <sup>2</sup>
- 1 tomato
- 50g rocket leaves
- 20g sunflower seeds

### WHAT YOU NEED

- 1½ tbs olive oil
- 200ml boiling water
- 1 tbs white wine vinegar <sup>3</sup>

### TOOLS

- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

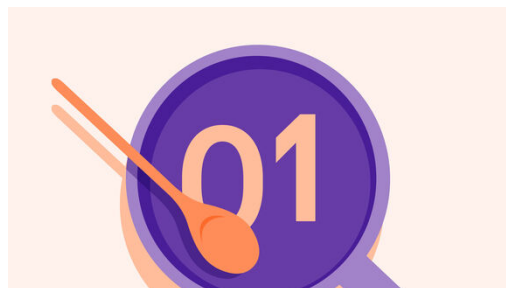
### ALLERGENS

Gluten (1), Milk (2), Sulphites (3), Wheat (4).

May contain traces of other allergens.

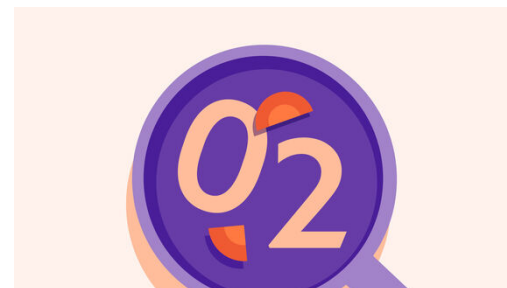
### NUTRITION PER SERVING

Energy 725kcal, Fat 41.3g, Carbs 57.2g, Protein 30.6g



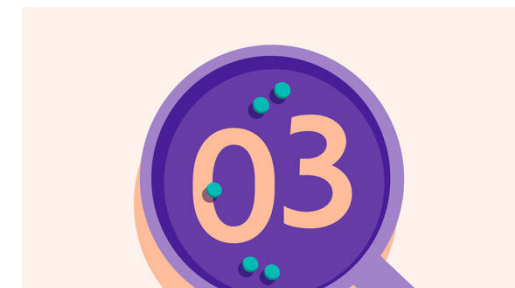
#### 1. Soak couscous

Put the **couscous** and **chermoula seasoning** in a large heatproof bowl, add **1 tbs olive oil**, pour over **200ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Season with **salt and pepper**, then fluff the couscous with a fork.



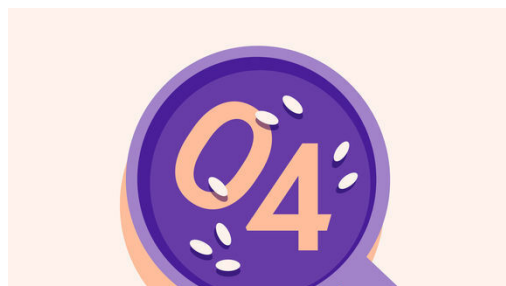
#### 2. Prep ingredients

Meanwhile, slice the **haloumi**. Coarsely chop the **tomato**.



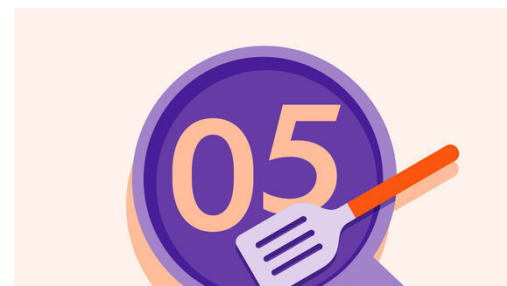
#### 3. Cook haloumi

Heat a **drizzle of olive oil** in a medium frypan over medium-high heat. Cook the **haloumi** for 2 mins each side or until golden. Remove the pan from the heat.



#### 4. Toss salad

Add the **haloumi**, **tomato**, **rocket** and **1 tbs white wine vinegar** to the couscous and gently toss to combine.



#### 5. Serve up

Divide the **couscous salad** among bowls, scatter over the **sunflower seeds** and enjoy!



#### 6. Did you know

Although it looks like a grain, couscous is actually a type of pasta made from semolina flour and water. North African in origin, couscous means 'well rolled', named for the traditional way of making it – the semolina was sprinkled with water and then rolled by hand into tiny balls.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     **#dinnerly**

