



Sesame-Crusted Halloumi and Veggie Bowls

with Lemony Couscous and Crispy Chickpeas

Deluxe Veggie

35 Minutes



Halloumi Cheese
1 | 2



Couscous
½ cup | 1 cup



Chickpeas
1 | 2



Avocado
1 | 2



Spring Mix
113 g | 227 g



Butternut
Squash, cubes
170 g | 340 g



Red Cabbage,
shredded
56 g | 113 g



Lemon
1 | 2



Red Wine Vinegar
1 tbsp | 2 tbsp



Tahini Sauce
2 tbsp | 4 tbsp



Spicy Mayo
4 tbsp | 8 tbsp



Sesame Seeds
18 g | 36 g



Garlic Salt
1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | 2 baking sheets, colander, large bowl, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, parchment paper, strainer, zester

1



Prep chickpeas and squash

- Before starting, preheat the oven to 450°F.
 - Wash and dry all produce.
- Drain and rinse **chickpeas**, then pat dry with paper towels. Remove any skins that have fallen off.
 - To a parchment-lined baking sheet, add **chickpeas, squash, half the garlic salt, half the sesame seeds** and **1 tbsp** (2 tbsp) **oil**. Season with **pepper**, then toss to coat. (NOTE: For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.)

2



Roast chickpeas with squash and marinate cabbage

- Roast **chickpeas** and **squash** in the **middle** of the oven for 22-25 min, stirring halfway through, until **squash** is tender and **chickpeas** are golden and crisp. (NOTE: For 4 servings, roast in the middle and the bottom of the oven, rotating sheets halfway through.)
- To a medium bowl, add **cabbage, vinegar, ¼ tsp** (½ tsp) **sugar** and **¼ tsp** (½ tsp) **salt**. Season with **pepper**. Using hands, massage **cabbage** and set aside.

3



Cook couscous

- To a medium pot, add **remaining garlic salt** and **⅔ cup** (1 ⅓ cups) **water**. Bring to a boil over high.
- Once boiling, stir in **couscous**. Remove the pot from heat, then cover and set aside for 5 min for **couscous** to rehydrate.

4



Prep and roast halloumi

- Using a strainer, rinse **halloumi** in cold water, then pat dry with paper towels. Cut or tear **halloumi** into ½-inch pieces.
- To a parchment-lined baking sheet, add **halloumi, remaining sesame seeds** and **1 tbsp** (2 tbsp) **oil**. Toss to coat.
- Roast in the **bottom** of the oven for 14-16 min, stirring halfway, until **halloumi** is golden and crisp.

5



Finish prep

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Halve, pit, then peel **avocado**. Cut into ½-inch peices.
- To a large bowl, add **tahini sauce, lemon zest, 1 tbsp** (2 tbsp) **lemon juice** and **¼ tsp** (½ tsp) **sugar**. Stir to mix.
- Place **spring mix** on **top of tahini-lemon dressing**. Do not mix until step 6.

6



Finish and serve

- Drizzle **½ tbsp** (1 tbsp) **oil** over **couscous**, then fluff with a fork.
- Toss **salad**.
- Divide **couscous** and **salad** between bowls.
- Top with **roasted chickpeas** and **squash, cabbage, avocado** and **halloumi**.
- Drizzle **spicy mayo** over top.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.