



**READY TO COOK**  
BY HARRIS FARM

# TOMATO BASED ISRAELI COUSCOUS, ROASTED PUMPKIN AND HALLOUMI



PREP  
**10 min**



COOK  
**30 min**



SERVES  
**4**

## INGREDIENTS:

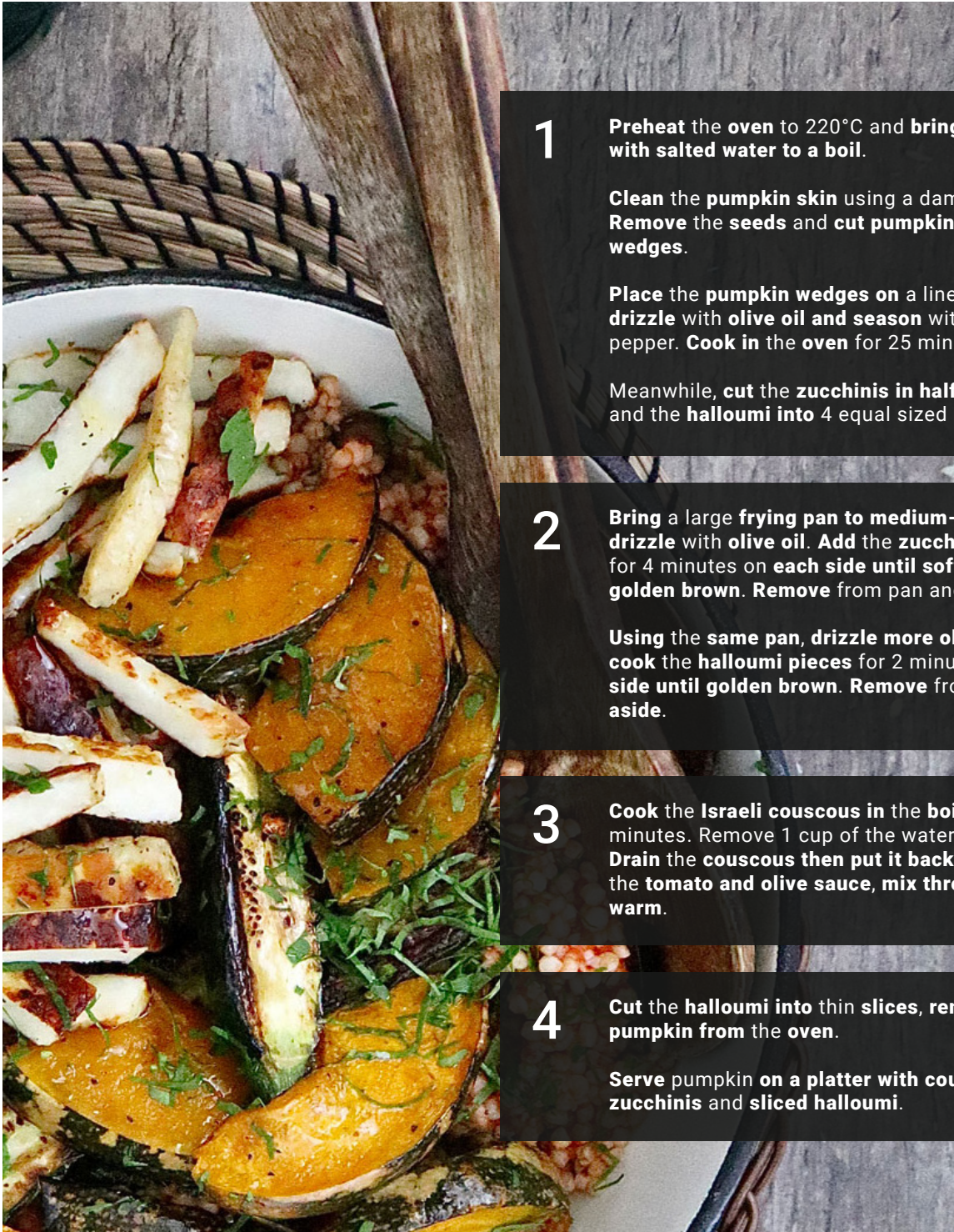
- > ¼ Pumpkin
- > 2 Cups Israeli Couscous
- > 2 Zucchini
- > 225g Halloumi Cheese
- > 400g Tomato Olive Sauce

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper



# METHOD – GET COOKING!



**1** Preheat the oven to 220°C and bring a large pot with salted water to a boil.

Clean the pumpkin skin using a damp cloth. Remove the seeds and cut pumpkin into 1cm wedges.

Place the pumpkin wedges on a lined baking tray, drizzle with olive oil and season with salt and pepper. Cook in the oven for 25 minutes.

Meanwhile, cut the zucchinis in half lengthways and the halloumi into 4 equal sized pieces.

**2** Bring a large frying pan to medium-high heat and drizzle with olive oil. Add the zucchinis and cook for 4 minutes on each side until softened and golden brown. Remove from pan and set aside.

Using the same pan, drizzle more olive oil and cook the halloumi pieces for 2 minutes on each side until golden brown. Remove from pan and set aside.

**3** Cook the Israeli couscous in the boiling water for 7 minutes. Remove 1 cup of the water and set aside. Drain the couscous then put it back in the pot. Add the tomato and olive sauce, mix through and keep warm.

**4** Cut the halloumi into thin slices, remove the pumpkin from the oven.

Serve pumpkin on a platter with couscous, zucchinis and sliced halloumi.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use the reserved water to make the tomato sauce a little runnier if preferred.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

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