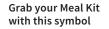


Golden Pumpkin & Israeli Couscous Medley

with Hazelnuts & Plant-Based Basil Pesto Mayo

CLIMATE SUPERSTAR











Peeled Pumpkin







Israeli Couscous



Blend







Basil Pesto





Baby Spinach



Leaves

Roasted Hazelnuts





Prep in: 15-25 mins Ready in: 30-40 mins



Calorie Smart* *Custom Recipe is not Calorie Smart or Plant Based

Quick and easy, that's the best kind of dinner. Roast the pumpkin in our Aussie spice blend then whip up a fluffy couscous and have it ready to be gobbled down in no time at all. Top it off with a plant-based basil pesto mayo to ensure there won't be any crumbs left.

Olive Oil, Balsamic Vinegar

Pantry items

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large saucepan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1 (medium)	1 (large)	
white turnip	1	2	
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)	
Aussie spice blend	1 sachet	1 sachet	
Israeli couscous	1 packet	2 packets	
vegetable stock powder	1 medium sachet	1 large sachet	
plant-based basil pesto	1 medium packet	1 large packet	
plant-based mayo	1 packet (40g)	1 packet (80g)	
baby spinach leaves	1 small bag	1 medium bag	
balsamic vinegar*	drizzle	drizzle	
roasted hazelnuts	1 packet	2 packets	
mild chorizo**	1 packet	2 packets	
and the second second			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2287kJ (547Cal)	677kJ (162Cal)
Protein (g)	14.3g	4.2g
Fat, total (g)	30.6g	9.1g
- saturated (g)	2.5g	0.7g
Carbohydrate (g)	52g	15.4g
- sugars (g)	11.2g	3.3g
Sodium (mg)	1180mg	349mg
Custom Recine		

Energy (kJ) 3567kJ (853Cal) 815kJ (195Cal) Protein (g) 7.4g 12.8g Fat, total (g) - saturated (g) 12.2g 2.8g Carbohydrate (g) 54g 12.3g 11.2g - sugars (g) 2.6g Sodium (mg) 2070mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns







Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut **onion** into thick wedges. Peel **white turnip**, then cut into small chunks.
- Place onion and turnip on a lined oven tray. Place peeled pumpkin pieces and Aussie spice blend on a second lined oven tray. Season both trays of veggies with salt and drizzle with olive oil.
- Toss to coat, spread out evenly, then roast the veggies until tender,
 25-30 minutes.

Custom Recipe: If you've added chorizo to your meal, cut into 1cm chunks. When the veggies have 15 minutes remaining, add chorizo to the tray. Roast until lightly browned and cooked through, 10-15 minutes.



Make the basil pesto mayo

- In a small bowl, combine plant-based basil pesto and plant-based mayo.
 Set aside.
- To the saucepan with couscous, add baby spinach leaves, roasted turnip and onion and a drizzle of balsamic vinegar. Stir to combine. Season to taste.

Custom Recipe: Add chorizo to the couscous along with roasted veggies and spinach.



Cook the couscous

- While the veggies are roasting, boil the kettle. In a large saucepan, heat a
 drizzle of olive oil over medium-high heat. Toast Israeli couscous, stirring
 occasionally, until golden, 1-2 minutes.
- Half-fill saucepan with boiling water, then add a pinch of salt. Bring to the boil, then simmer, uncovered, until tender, 10-12 minutes. Drain and return couscous to the pan.
- Add vegetable stock powder and a drizzle of olive oil. Stir to combine.



Serve up

- Divide Israeli couscous medley between plates.
- Top with roasted pumpkin and plant-based basil pesto mayo.
- Sprinkle with roasted hazelnuts to serve. Enjoy!

Rate your recipe

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Let our culinary team know: hellofresh.co.nz/rate