



# Golden Pumpkin & Israeli Couscous Medley

with Hazelnuts & Plant-Based Basil Pesto Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



White Turnip



Peeled Pumpkin Pieces



Aussie Spice Blend



Israeli Couscous



Vegetable Stock Powder



Plant-Based Basil Pesto



Plant-Based Mayo



Baby Spinach Leaves



Roasted Hazelnuts



Mild Chorizo

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

Plant Based\*

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar

## 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

	2 People	4 People
<b>olive oil*</b>	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
<b>balsamic vinegar*</b>	drizzle	drizzle
roasted hazelnuts	1 packet	2 packets
mild chorizo**	1 packet	2 packets

\*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 Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3567kJ (853Cal)	815kJ (195Cal)
Protein (g)	32.4g	7.4g
Fat, total (g)	55.9g	12.8g
- saturated (g)	12.2g	2.8g
Carbohydrate (g)	54g	12.3g
- sugars (g)	11.2g	2.6g
Sodium (mg)	2070mg	473mg

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](https://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

2023 | CW25



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## 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.

3



## 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.

2



## 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.

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## 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

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)