



# Roast Cauliflower & Goat Cheese Salad

with Israeli Couscous & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Cauliflower



Onion



Middle Eastern Seasoning



Israeli Couscous



Vegetable Stock Powder



Flaked Almonds



Mixed Salad Leaves



Goat Cheese



Dill & Parsley Mayonnaise



Mild Chorizo

Prep in: 20-30 mins  
Ready in: 40-50 mins



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

Like a soft teddy bear, tonight's dish is fluffy and calming. Tufts of roasted cauliflower and other warm veggies poke out of a golden Israeli couscous, mixed with creamy goat cheese on top, it will be like eating a very tasty cloud.

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

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

## 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

Oven tray lined with baking paper · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
cauliflower	1 portion (400g)	2 portions (800g)
onion	1 (medium)	1 (large)
Middle Eastern seasoning	1 sachet	2 sachets
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
mixed salad leaves	1 medium bag	1 large bag
<b>honey*</b>	2 tsp	1 tbs
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
goat cheese	½ large packet	1 large packet
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)
mild chorizo**	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2559kJ (612Cal)	513kJ (123Cal)
Protein (g)	19.2g	3.9g
Fat, total (g)	28g	5.6g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	68.7g	13.8g
- sugars (g)	18.6g	3.7g
Sodium (mg)	1213mg	243mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3839kJ (918Cal)	641kJ (153Cal)
Protein (g)	37.3g	6.2g
Fat, total (g)	53.3g	8.9g
- saturated (g)	15.2g	2.5g
Carbohydrate (g)	70.7g	11.8g
- sugars (g)	18.6g	3.1g
Sodium (mg)	2103mg	351mg

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



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **potato** into bite-sized chunks. Cut **cauliflower** into small florets. Slice **onion** into wedges.



## Toast the almonds

- While the couscous is cooking, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**.



## Roast the veggies

- Place **potato**, **cauliflower** and **onion** on a lined oven tray.
- Sprinkle with **Middle Eastern seasoning**, drizzle generously with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- Remove **veggies** from oven and set aside to cool slightly.

**Custom Recipe:** If you've added mild chorizo, roughly chop. In the last 15 minutes of veggie roast time, place chorizo on the tray. Roast until lightly browned and cooked through, 10-15 minutes.



## Toss the salad

- In a large bowl, combine **mixed salad leaves**, **roasted veggies**, **couscous**, the **honey** and a drizzle of **vinegar** and **olive oil**. Season to taste.

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



## Make the couscous

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



## Serve up

- Divide roast cauliflower and Israeli couscous salad between bowls. Crumble **goat cheese** (see **ingredients**) over salad.
- Sprinkle with toasted almonds and serve with **dill & parsley mayonnaise**. Enjoy!

## Rate your recipe

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