



# Harissa Roasted Pumpkin & Spinach Couscous

with Herby Mayo & Hazelnuts

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Peeled Pumpkin Pieces



Harissa Paste



Baby Broccoli



Roasted Hazelnuts



Couscous



Vegetable Stock Powder



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Cow's Milk Feta



Chicken Breast

### Recipe Update

Unfortunately, this week's almonds were in short supply, so we've replaced them with hazelnuts. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins  
Ready in: 35-45 mins



Calorie Smart<sup>^</sup>

<sup>^</sup>Custom Recipe is not Calorie Smart



Eat Me Early\*

\*Custom Recipe only

Couscous is a lovely way to finish the day, but what if there was a bit of green? Add some spinach to pop against the vibrant orange of the roast pumpkin. Finally, crumble little clouds of feta on top for the perfect way to tie this dinner together.

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

### Pantry items

Olive Oil, 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 frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	1 (medium)	1 (large)
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
harissa paste	1 medium packet	1 large packet
baby broccoli	1 bag	1 bag
roasted hazelnuts	1 packet	2 packets
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
baby spinach leaves	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
cow's milk feta	¼ packet	½ packet
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2139kJ (511Cal)	480kJ (115Cal)
Protein (g)	17.2g	3.9g
Fat, total (g)	22.7g	5.1g
- saturated (g)	4.7g	1.1g
Carbohydrate (g)	56.9g	12.8g
- sugars (g)	13.9g	3.1g
Sodium (mg)	1227mg	275mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2899kJ (693Cal)	479kJ (114Cal)
Protein (g)	49.7g	8.2g
Fat, total (g)	28.3g	4.7g
- saturated (g)	6.4g	1.1g
Carbohydrate (g)	56.9g	9.4g
- sugars (g)	13.9g	2.3g
Sodium (mg)	1325mg	219mg

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 | CW31



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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **onion** into wedges.
- Place **onion** and **peeled pumpkin pieces** on a lined oven tray.
- Add **harissa paste**, a pinch of **salt** and a drizzle of **olive oil**. Toss to coat and roast until tender, **25-30 minutes**.

4



## Cook the baby broccoli

- When the pumpkin has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli**, tossing, until tender, **3-4 minutes**.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks. Before cooking the baby broccoli, heat the frying over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate and cover to keep warm. Continue with step.

2



## Get prepped

- Meanwhile, boil the kettle.
- Slice **baby broccoli** in half lengthways.
- Roughly chop **roasted hazelnuts**.

5



## Finish the couscous

- To the bowl of **couscous**, add **baby broccoli**, **baby spinach leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste with **salt** and **pepper** and stir to combine.

3



## Start the couscous

- In a medium heatproof bowl, add **couscous** and **vegetable stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes** until the water is absorbed. Fluff up with a fork and set aside.

6



## Serve up

- Divide spinach couscous between bowls. Top with harissa roasted veggies and **dill & parsley mayonnaise**.
- Crumble over **feta** (see ingredients) and garnish with hazelnuts to serve. Enjoy!

**Custom Recipe:** Top couscous with chicken.

## Rate your recipe

Did we make your tastebuds happy?

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