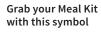


# Harissa Roasted Pumpkin & Spinach Couscous

with Herby Mayo & Hazelnuts

CLIMATE SUPERSTAR





Onion

Peeled Pumpkin Pieces









**Roasted Hazelnuts** 



Vegetable Stock Powder

**Baby Spinach** Leaves



**Dill & Parsley** 

Cow's Milk Feta



Mayonnaise

**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!



Pantry items

Olive Oil, Vinegar (White Wine or Balsamić)

Calorie Smart^ Prep in: 20-30 mins Custom Recipe is not Ready in: 35-45 mins Calorie Smart

🚥 Eat Me Early\*

\*Custom Recipe only

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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.

# 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
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
peeled pumpkin pieces	<b>1 bag</b> (400g)	<b>1 bag</b> (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
boiling water*	¾ cup	1½ cups
baby spinach leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
cow's milk feta	1⁄4 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 for allergen and ingredient information. If you have received a substitute ingredient,

please be aware allergens may have changed.

#### We're here to help!

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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.



### Get prepped

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



### Start the couscous

- In a medium heatproof bowl, add couscous and vegetable stock powder.
- Add the **boiling water** (3/4 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.



# 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.



### 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.



# 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?

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