

Rainbow Carrot & Tomato-Baked Couscous

with Basil Pesto & Parmesan

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



- Tinned Cherry Tomatoes
- Israeli Couscous
- Garlic & Herb Seasoning
- Baby Rainbow Carrots
- Parsnip
- Baby Spinach Leaves
- Basil Pesto
- Grated Parmesan Cheese
- Diced Bacon

Recipe Update
 Unfortunately, this week's silverbeet was in short supply, so we've replaced it with baby spinach. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins
 Ready in: 40-50 mins

Calorie Smart*
 *Custom Recipe is not Calorie Smart

Bake up the rainbow with only one tray and a whole lot of flavour. The carrots are glowing and the pops of blistered cherry tomato in the couscous give this bowl a vibrant burst. Cool it down with basil pesto and there you have it, a flavourful dinner we can all get behind.

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter

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

Medium or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tinned cherry tomatoes	1 tin	2 tins
Israeli couscous	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
boiling water*	1½ cups	3 cups
baby rainbow carrots	1 bag (140g)	1 bag (280g)
parsnip	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
butter*	20g	40g
basil pesto	1 packet (50g)	1 packet (100g)
grated Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2421kJ (579Cal)	507kJ (121Cal)
Protein (g)	17g	3.6g
Fat, total (g)	29g	6.1g
- saturated (g)	9.9g	2.1g
Carbohydrate (g)	58.6g	12.3g
- sugars (g)	20.3g	4.2g
Sodium (mg)	974mg	204mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3006kJ (718Cal)	569kJ (136Cal)
Protein (g)	24.9g	4.7g
Fat, total (g)	41.1g	7.8g
- saturated (g)	14.4g	2.7g
Carbohydrate (g)	58.6g	11.1g
- sugars (g)	20.3g	3.8g
Sodium (mg)	1373mg	260mg

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



2023 | CW31

1



Bake the couscous

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Drain **tinned cherry tomatoes**, reserving the **passata** sauce.
- In a baking dish, combine **Israeli couscous**, reserved **passata**, **garlic & herb seasoning** and the **boiling water** (1½ cups for 2 people / 3 cups for 4 people).
- Cover with foil and bake until couscous is 'al dente' and water is absorbed, **28-32 minutes**.

3



Finish the couscous

- When the **couscous** is done, remove from oven, then stir through **baby spinach leaves**, the **butter** and remaining **brown sugar**. Season with **salt** and **pepper**.

TIP: Add a splash of water to loosen if needed.

Custom Recipe: If you've added diced bacon to your meal, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until golden, 6-7 minutes. Stir the bacon through the couscous along with the spinach, butter and brown sugar.

2



Roast the veggies

- Meanwhile, trim green tops from **baby rainbow carrots** and scrub them clean (halve any thick carrots lengthways). Cut **parsnip** into wedges, lengthways.
- Place **carrots**, **parsnip** and **cherry tomatoes** on a lined oven tray. Combine with the **balsamic vinegar**, half the **brown sugar**, a pinch of **salt** and a drizzle of **olive oil**. Toss to combine and spread out evenly.
- Roast until blistered and tender, **20-25 minutes**.

4



Serve up

- Divide tomato-baked couscous between bowls. Top with roasted veggies.
- Dollop over **basil pesto** and sprinkle with **grated Parmesan cheese** to serve. Enjoy!

Rate your recipe

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