



Middle Eastern Harissa Roast Pumpkin Bowl

with Israeli Couscous & Garlic Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Peeled Pumpkin Pieces



Harissa Paste



Baby Broccoli



Roasted Almonds



Plant-Based Mayo



Garlic Dip



Israeli Couscous



Vegetable Stock Powder



Garlic Paste



Baby Spinach Leaves



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins



Calorie Smart[^]

[^]Custom Recipe is not Plant Based or Calorie Smart



Eat Me Early*

*Custom Recipe only



Plant Based[^]

A roast pumpkin bowl sounds so nourishing and refreshing especially when there's some warm Middle Eastern flavours. The touch of harissa really brings everything together and adds an extra burst of flavour to the Israeli couscous. We're feeling rejuvenated already.

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

Pantry items

Olive Oil, White Wine 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
harissa paste	1 medium packet	1 large packet
baby broccoli	1 bag	1 bag
roasted almonds	1 packet	2 packets
plant-based mayo	1 medium packet	1 large packet
garlic dip	1 medium packet	1 large packet
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
garlic paste	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2646kJ (632Cal)	538kJ (129Cal)
Protein (g)	17.3g	3.5g
Fat, total (g)	33.8g	6.9g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	61.4g	12.5g
- sugars (g)	15.3g	3.1g
Sodium (mg)	1294mg	263mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3391kJ (810Cal)	520kJ (124Cal)
Protein (g)	50.4g	7.7g
Fat, total (g)	39g	6g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	62.2g	9.5g
- sugars (g)	15.4g	2.4g
Sodium (mg)	1393mg	214mg

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



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1



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, spread out evenly, then roast until tender, **20-25 minutes**.

4



Cook the baby broccoli

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **baby broccoli** until tender, **5-6 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Remove from heat.

Custom Recipe: Before cooking the baby broccoli, heat the pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to plate, then continue as above.

2



Get prepped

- While the veggies are roasting, boil the kettle.
- Halve any thick **baby broccoli** stalks lengthways. Roughly chop **roasted almonds**.
- In a small bowl, combine **plant-based mayo** and **garlic dip**. Set aside.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. Season with salt and pepper.

5



Finish the couscous

- Transfer garlicky **baby broccoli** to the **couscous**, along with **baby spinach leaves** and a drizzle of **white wine vinegar**. Season to taste and stir to combine.

3



Cook the couscous

- 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 **couscous** and return to the pan.
- Add **vegetable stock powder** and a drizzle of **olive oil** and stir to combine.

6



Serve up

- Divide veggie couscous between bowls.
- Top with Middle Eastern harissa roast pumpkin and garlic mayo.
- Garnish with almonds to serve. Enjoy!

Custom Recipe: Top couscous with chicken.

Rate your recipe

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