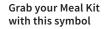


# Middle Eastern Harissa Roast Pumpkin Bowl

with Israeli Couscous & Garlic Mayo

**CLIMATE SUPERSTAR** 













Baby Broccoli

Harissa Paste





Plant-Based

Mayo

**Roasted Almonds** 



Garlic Dip



Israeli Couscous

Garlic Paste



Vegetable Stock



Powder



Baby Spinach Leaves



Chicken Breast

Prep in: 25-35 mins Ready in: 30-40 mins Eat Me Early\* \*Custom Recipe only

#### Calorie Smart<sup>^</sup>

^Custom Recipe is not Plant Based or Calorie Smart



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.

**Pantry items** 

# 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

<sup>\*</sup>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.



# 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.



# 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.



#### 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.



# 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.



## 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



## 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.

Scan here if you have any questions or concerns





Did we make your tastebuds happy?
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