



Roast Cauliflower & Goat Cheese Salad

with Israeli Couscous & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Cauliflower



Onion



Middle Eastern Seasoning



Israeli Couscous



Vegetable Stock Powder



Flaked Almonds



Mixed Salad Leaves



Goat Cheese



Dill & Parsley Mayonnaise



Diced Chicken

Prep in: **20-30 mins**
Ready in: **40-50 mins**



Calorie Smart*

**Custom Recipe is not Calorie Smart*



Eat Me Early*

**Custom Recipe only*

Like a soft teddy bear, tonight's dish is fluffy and calming. Tufts of roasted cauliflower and other warm veggies poke out of a golden Israeli couscous, mixed with creamy goat cheese on top, it will be like eating a very tasty cloud.

CUSTOM RECIPE

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

Pantry items

Olive Oil, Honey, 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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 portion (400g)	2 portions (800g)
onion	1 (medium)	1 (large)
Middle Eastern seasoning	1 sachet	2 sachets
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
mixed salad leaves	1 medium bag	1 large bag
honey*	½ tbs	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle
goat cheese	½ packet	1 packet
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2559kJ (612Cal)	513kJ (123Cal)
Protein (g)	19.2g	3.9g
Fat, total (g)	28g	5.6g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	68.7g	13.8g
- sugars (g)	18.6g	3.7g
Sodium (mg)	1213mg	243mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3216kJ (769Cal)	496kJ (119Cal)
Protein (g)	52.7g	8.1g
Fat, total (g)	30.4g	4.7g
- saturated (g)	6.2g	1g
Carbohydrate (g)	68.7g	10.6g
- sugars (g)	18.6g	2.9g
Sodium (mg)	1275mg	197mg

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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Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **potato** into bite-sized chunks. Cut **cauliflower** into small florets. Slice **onion** into wedges.



Toast the almonds

- While the couscous is cooking, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**.

Custom Recipe: If you've added diced chicken, cook diced chicken after toasting flaked almonds. Transfer toasted almonds to a plate. Return frying pan to 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.



Roast the veggies

- Place **potato**, **cauliflower** and **onion** on a lined oven tray.
- Sprinkle with **Middle Eastern seasoning**, drizzle generously with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- Remove **veggies** from oven and set aside to cool slightly.



Toss the salad

- In a large bowl, combine **mixed salad leaves**, **roasted veggies**, **couscous**, the **honey** and a drizzle of **vinegar** and **olive oil**. Season to taste.



Make the couscous

- While the veggies are roasting, heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with boiling water, then add **vegetable stock powder**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return **couscous** to the pan with a drizzle of **olive oil**.



Serve up

- Divide roasted cauliflower and Israeli couscous salad between bowls. Crumble **goat cheese** (see **ingredients**) over salad.
- Sprinkle with toasted almonds and serve with **dill & parsley mayonnaise**. Enjoy!

Custom Recipe: Top Israeli couscous salad with the chicken.

Rate your recipe

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