



Roast Turnip, Cauliflower & Goat Cheese Salad

with Israeli Couscous & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



White Turnip



Cauliflower



Onion



Middle Eastern Seasoning



Israeli Couscous



Vegetable Stock Powder



Flaked Almonds



Salad Leaves



Goat Cheese



Dill & Parsley Mayonnaise

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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



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

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
white turnip	1	2
cauliflower	1 portion (400g)	2 portions (800g)
onion	½	1
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
salad leaves	1 medium bag	1 large bag
honey*	2 tsp	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle
goat cheese	½ large packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2313kJ (553Cal)	504kJ (120Cal)
Protein (g)	17.8g	3.9g
Fat, total (g)	27.9g	6.1g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	55.1g	12g
- sugars (g)	15.2g	3.3g
Sodium (mg)	1226mg	267mg

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.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Peel **white turnip** and cut 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**.



Roast the veggies

- Place **turnip, 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, **25-30 minutes**.
- Remove **veggies** from oven and set aside to cool slightly.



Toss the salad

- In a large bowl, combine **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 roast turnip and Israeli couscous salad between bowls. Crumble **goat cheese** (see **ingredients**) over salad.
- Sprinkle with toasted almonds and serve with **dill & parsley mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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