



# Nourishing Cauliflower Couscous Bowl

with Basil Pesto & Herby Mayo

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Onion



Cauliflower



Garlic & Herb Seasoning



Israeli Couscous



Vegetable Stock Powder



Flaked Almonds



Baby Spinach & Rocket Mix



Basil Pesto



Dill & Parsley Mayonnaise



Cow's Milk Feta

Prep in: 20-30 mins  
Ready in: 35-45 mins

Calorie Smart\*

\*Custom Recipe is not Calorie Smart

Savour the wholesome goodness of this cauliflower couscous bowl, a culinary delight that's good for the body and the soul. Perfectly roasted veggies sit atop a bed of flavourful Israeli couscous, with a tasty basil pesto mixed through. Topped with herby mayo, this meal is sure to be a favourite!

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

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
onion	½	1
cauliflower	1 portion (400g)	2 portions (800g)
garlic & herb seasoning	1 medium sachet	1 large sachet
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
baby spinach & rocket mix	1 bag	2 bags
basil pesto	1 packet (50g)	1 packet (100g)
dill & parsley mayonnaise	1 medium packet	1 large packet
cow's milk feta**	½ packet (85g)	1 packet (190g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2641kJ (631Cal)	546kJ (130Cal)
Protein (g)	17.3g	3.6g
Fat, total (g)	32.2g	6.7g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	66.8g	13.8g
- sugars (g)	18.3g	3.8g
Sodium (mg)	1171mg	242mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3553kJ (849Cal)	614kJ (147Cal)
Protein (g)	30.4g	5.3g
Fat, total (g)	50.4g	8.7g
- saturated (g)	15.5g	2.7g
Carbohydrate (g)	66.8g	11.5g
- sugars (g)	18.3g	3.2g
Sodium (mg)	2216mg	383mg

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](https://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



2024 | CW05



## Get prepped

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



## 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 **potato**, **cauliflower** and **onion** on a lined oven tray.
- Sprinkle with **garlic & herb seasoning**, then 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 **baby spinach & rocket leaves**, **roasted veggies**, **couscous** and **basil pesto**. Season to taste.



## Make the couscous

- Meanwhile, 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. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return **couscous** to the pan with **vegetable stock powder** and a drizzle of **olive oil**.



## Serve up

- Divide herby nourishing roast cauliflower couscous between bowls.
- Sprinkle with toasted almonds and drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

**Custom Recipe:** If you've added cow's milk feta, crumble feta over the couscous to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)