



# Spiced Eggplant & Cauliflower Couscous Bowl

with Cucumber Salad & Hummus Yoghurt

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Onion



Eggplant



Chermoula Spice Blend



Cucumber



Garlic



Couscous



Hummus



Greek-Style Yoghurt



Chargrilled Capsicum Relish



Mixed Salad Leaves



Mint



Chicken Breast Strips

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



Calorie Reduced<sup>^</sup>

<sup>^</sup>Custom Recipe is not calorie reduced



Eat Me Early\*

\*Custom Recipe only

This couscous bowl is packed to the brim with wholesome veggies, adding layers of flavour and texture to every mouthful. With a drizzle of tangy hummus yoghurt and a sweet capsicum relish, this meal is a culinary delight that's good for the body and the soul!

**CUSTOM RECIPE**

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

### Pantry items

Olive Oil, Butter, Water, Honey, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
onion	½	1
eggplant	1	2
chermoula spice blend	1 medium sachet	1 large sachet
cucumber	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
hummus	1 small packet	1 large packet
Greek-style yoghurt	1 medium packet	2 medium packets
chargrilled capsicum relish	1 medium packet	1 large packet
<b>honey*</b>	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
mint	1 packet	1 packet
chicken breast strips**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2037kJ (487Cal)	364kJ (87Cal)
Protein (g)	16.7g	3g
Fat, total (g)	17.1g	3.1g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	66g	11.8g
- sugars (g)	14.2g	2.5g
Sodium (mg)	934mg	167mg
Dietary Fibre (g)	16.2g	2.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2785kJ (666Cal)	387kJ (92Cal)
Protein (g)	49.2g	6.8g
Fat, total (g)	22.4g	3.1g
- saturated (g)	9.1g	1.3g
Carbohydrate (g)	66.8g	9.3g
- sugars (g)	15g	2.1g
Sodium (mg)	1017mg	141mg
Dietary fibre	16.2g	2.3g

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://www.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 **240°C/220°C fan-forced**. Chop **cauliflower** (including stalk!) into small florets. Cut **onion** (see ingredients) into wedges.
- Cut **eggplant** into quarters lengthways, then deeply score the flesh to make a criss-cross pattern.
- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine **chermoula spice blend** and a generous drizzle of **olive oil**. Add **veggies** to the bowl and rub with **spice mixture**.
- Place on a lined oven tray, drizzle with **olive oil** and toss to coat. Roast until tender, **20-25 minutes**.



## Make the hummus yoghurt

- Add **hummus** and **Greek-style yoghurt** to the **garlic butter** in the bowl. Stir to combine and season to taste.
- In a second small bowl, combine **chargrilled capsicum relish** and the **honey**.



## Get prepped

- Meanwhile, slice **cucumber** into sticks. Finely chop **garlic**.
- In a medium saucepan, heat the **butter** and a dash of **olive oil** over medium-high heat. Add **garlic** and cook until fragrant, **1 minute**.
- Transfer half the **garlic butter** to a small bowl.

**Custom Recipe:** If you've added chicken breast strips, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook chicken strips until browned and cooked through (when no longer pink inside), 3-4 minutes each side. Transfer to a plate and cover to keep warm.



## Make the salad

- In a second medium bowl, combine **mixed salad leaves**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season.



## Make the couscous

- Add the **water** and a generous pinch of **salt** to the saucepan with remaining **garlic butter** and bring to the boil. Add **couscous** and stir to combine.
- Cover with a lid and remove from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.

**Custom Recipe:** Make the couscous while the chicken is cooking.



## Serve up

- Divide garlic couscous between bowls. Top with cucumber salad, roast eggplant and cauliflower.
- Drizzle over hummus yoghurt and tear over **mint**.
- Serve with capsicum relish. Enjoy!

**Custom Recipe:** Top with cucumber salad, eggplant, chicken and cauliflower.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW23

