HELLO FRESH

Chermoula Pumpkin & Baked Pearl Couscous
with Mint Yoghurt & Roasted Almonds

NEW

Pearl (Israeli) Couscous

Diced Tomatoes With Garlic & Onion

Chermoula Spice Blend

Vegetable Stock Powder

Parsnip

Peeled Pumpkin Pieces

Ras El Hanout

Silverbeet

Mint

Lemon

Roasted Almonds

Greek-Style Yoghurt

Lamb Mince +

Beef Mince +

Pantry items

Olive Oil, Butter, Brown Sugar

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

Calorie Smart

Your home will be smelling like a five-star restaurant when you reveal this warmly-spiced bowl of goodness. Fluffy pearls of Israeli couscous are baked in a tomato-based sauce flavoured with chermoula spice, acting as the ultimate cosy bed for roasted pumpkin and parsnip. This nourishing bowl will have you coming back for seconds!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
pearl (Israeli) couscous	1 medium packet	2 medium packets
diced tomatoes with garlic & onion	½ medium packet	1 medium packet
chermoula spice blend	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
*boiling water**	1½ cups	3 cups
parsnip	1	2
peeled pumpkin pieces	1 medium packet	1 large packet
ras el hanout	1 medium sachet	1 large sachet
silverbeet	1	2
mint	1 packet	1 packet
lemon	½	1
roasted almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
*butter**	20g	40g
*brown sugar**	1 tsp	2 tsp

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2633kJ (629Cal)	415kJ (99Cal)
Protein (g)	20.6g	3.2g
Fat, total (g)	24.7g	3.9g
- saturated (g)	7.9g	1.2g
Carbohydrate (g)	73.9g	11.6g
- sugars (g)	29.9g	4.7g
Sodium (mg)	1714mg	270mg
Dietary Fibre (g)	13.1g	2.1g

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

2024 | CW27

1

Bake the couscous

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- **SPICY!** *This is a mild spice blend, but use less if you're sensitive to heat!* In a baking dish, combine **pearl couscous**, **diced tomatoes with garlic & onion (see ingredients)**, **chermoula spice blend**, **vegetable stock powder** and the **boiling water** (1½ cups for 2 people / 3 cups for 4 people).
- Cover with foil and bake until couscous is 'al dente' and water is absorbed, **28-32 minutes**.

2

Bake the pumpkin & parsnip

- Meanwhile, cut **parsnip** into wedges lengthways.
- Place **peeled pumpkin pieces** and **parsnip** on a lined oven tray. Sprinkle over **ras el hanout** and drizzle with **olive oil**. Season with a pinch of **salt** and toss to combine.
- Roast until blistered and tender, **20-25 minutes**

3

Bring it all together

- Meanwhile, roughly chop **silverbeet**. Pick and thinly slice **mint leaves**. Slice **lemon** into wedges. Roughly chop **roasted almonds**.
- In a small bowl, combine **Greek-style yoghurt** and **mint**. Season to taste.
- When couscous has **5 minutes** remaining, remove from oven then stir through **silverbeet** and return.

4

Serve up

- Remove couscous from oven and add a squeeze of lemon juice, the **butter** and **brown sugar** and stir to combine. Season to taste.
- Divide tomato couscous between bowls.
- Top with roasted pumpkin and parsnip.
- Sprinkle over almonds and top with a dollop of mint yoghurt. Serve with remaining lemon wedges. Enjoy!

TIP: *Add a splash of water if the couscous looks dry.*

CUSTOM OPTIONS

ADD LAMB MINCE
Cook lamb mince, breaking up with a spoon, until browned, 4-5 minutes.

ADD BEEF MINCE
Cook beef mince, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.