

with Mint Yoghurt & Roasted Almonds

**NEW** 



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Pearl (Israeli) Couscous

**Diced Tomatoes** With Garlic & Onion



Chermoula Spice



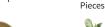




Parsnip



Peeled Pumpkin





Ras El Hanout



Silverbeet





Lemon



Roasted Almonds



Yoghurt





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!

**Pantry items** 

Olive Oil, Butter, Brown Sugar

### 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  $\cdot$  Oven tray lined with baking paper

# Ingredients

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	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	1/2	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	

<sup>\*</sup>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.



#### 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



## 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.



# 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



# 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.





**OPTIONS** 



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



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.

