

with Mint Yoghurt & Roasted Almonds

NEW



Grab your meal kit with this number





Pearl (Israeli) Couscous

Diced Tomatoes With Garlic & Onion



Chermoula Spice



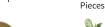




Parsnip



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	

^{*}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.

