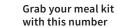


Roast Cauliflower & Couscous Bowl

with Basil Pesto & Herby Mayo

CLIMATE SUPERSTAR











Cauliflower

Garlic & Herb Seasoning



Pearl (Israeli)



Couscous

Vegetable Stock





Flaked Almonds

Rocket Leaves









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



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 pearl couscous, with a tasty basil pesto mixed through. Topped with herby mayo, this meal is sure to be a favourite!

Pantry items

Olive Oil

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

Oven tray lined with baking paper \cdot Large saucepan \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
onion	1/2	1
cauliflower	1 large portion	2 large portions
garlic & herb seasoning	1 medium sachet	1 large sachet
pearl (Israeli) couscous	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
rocket leaves	1 medium packet	2 medium packets
basil pesto	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2638kJ (630Cal)	545kJ (130Cal)
Protein (g)	17.2g	3.6g
Fat, total (g)	32.4g	6.7g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	66.5g	13.7g
- sugars (g)	17.9g	3.7g
Sodium (mg)	1173mg	242mg
Dietary Fibre (g)	8.2g	1.7g

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.



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.



Roast the veggies

- Place potato, cauliflower and onion on a lined oven tray.
- Sprinkle with garlic & herb seasoning, 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.



Make the couscous

- Meanwhile, heat a large saucepan over medium-high heat with a drizzle of olive oil.
 Toast pearl 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.



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.



Bring it all together

 In a large bowl, combine rocket leaves, roasted veggies, couscous and basil pesto.
 Season to taste.



Serve up

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



through, 4-6 minutes.



We're here to help!