



# Roast Cauliflower & Couscous Bowl

with Basil Pesto & Herby Mayo

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Potato



Onion



Cauliflower



Garlic & Herb Seasoning



Pearl (Israeli) Couscous



Vegetable Stock Powder



Flaked Almonds



Rocket Leaves



Basil Pesto



Dill & Parsley Mayonnaise



Chicken Breast



Chicken Thigh

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 · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
onion	½	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](https://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 bowls.
- Sprinkle with toasted almonds and drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

#### + ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

