



Middle Eastern Chermoula Roast Pumpkin Bowl

with Pearl Couscous & Garlic Dip

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Onion



Peeled Pumpkin Pieces



Chermoula Spice Blend



Baby Broccoli



Roasted Almonds



Pearl (Israeli) Couscous



Vegetable Stock Powder



Garlic Paste



Baby Leaves



Garlic Dip



Chicken Breast



Diced Chicken

Prep in: 25-35 mins
Ready in: 30-40 mins



A roast pumpkin bowl sounds so nourishing and refreshing especially when there's some warm Middle Eastern flavours. The touch of chermoula really brings everything together and adds an extra burst of flavour to the pearl couscous. We're feeling rejuvenated already!

Pantry items

Olive Oil, White Wine Vinegar

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 |
|----------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| onion | ½ | 1 |
| peeled pumpkin pieces | 1 medium packet | 2 medium packets |
| chermoula spice blend | 1 medium sachet | 1 large sachet |
| baby broccoli | ½ medium bunch | 1 medium bunch |
| roasted almonds | 1 packet | 2 packets |
| pearl (Israeli) couscous | 1 packet | 2 packets |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| garlic paste | 1 small packet | 1 medium packet |
| baby leaves | 1 medium packet | 1 large packet |
| white wine vinegar* | drizzle | drizzle |
| garlic dip | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2669kJ (638Cal) | 504kJ (120Cal) |
| Protein (g) | 18.6g | 3.5g |
| Fat, total (g) | 31.7g | 6g |
| - saturated (g) | 3.2g | 0.6g |
| Carbohydrate (g) | 66.6g | 12.6g |
| - sugars (g) | 15.9g | 3g |
| Sodium (mg) | 1228mg | 232mg |
| Dietary Fibre (g) | 11g | 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 | CW30



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **onion (see ingredients)** into wedges.
- Place **onion** and **peeled pumpkin pieces** on a lined oven tray.
- **SPICY!** *This is a mild spice blend, but use less if you're sensitive to heat.* Add **chermoula spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Toss to coat, spread out evenly, then roast until tender, **12-15 minutes**.



Cook the baby broccoli

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **baby broccoli** until tender, **5-6 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Remove from heat.



Get prepped

- While the veggies are roasting, boil the kettle.
- Halve any thick **baby broccoli (see ingredients)** stalks lengthways.
- Roughly chop **roasted almonds**.



Finish the couscous

- Transfer **garlicky baby broccoli** to the **couscous**, along with **baby leaves** and a drizzle of **white wine vinegar**. Season to taste, stir to combine.



Cook the couscous

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain and return to the pan.
- Add **vegetable stock powder** and a drizzle of **olive oil** and stir to combine.



Serve up

- Divide veggie couscous between bowls.
- Top with Middle Eastern chermoula roast pumpkin and a dollop of **garlic dip**.
- Sprinkle over almonds to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

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

+ ADD DICED CHICKEN

In a large frying pan, cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes.

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

