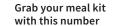


# Golden Pumpkin & Pearl Couscous Medley

with Flaked Almonds & Plant-Based Parsley Mayo

CLIMATE SUPERSTAR













Garlic & Herb Seasoning



Flaked Almonds





Vegetable Stock



Parsley

Powder





Plant-Based

**Baby Leaves** 



Recipe Update We've replaced the roasted almonds in this recipe with flaked almonds due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Prep in: 15-25 mins Ready in: 30-40 mins



Quick and easy, that's the best kind of dinner. Roast the pumpkin in our garlicky herb blend, then whip up a couscous and have it ready to be gobbled down in no time at all. Top it off with a plant-based parsley mayo to ensure maximum flavour and colour at your table.

**Pantry items** 

Olive Oil, Balsamic 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

Two oven tray lined with baking paper · Large saucepan

## Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
onion	1/2	1
potato	1	2
peeled pumpkin pieces	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
pearl (Israeli) couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
parsley	1 packet	1 packet
plant-based mayo	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2385kJ (570Cal)	492kJ (118Cal)
Protein (g)	15.8g	3.3g
Fat, total (g)	25.7g	5.3g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	66.8g	13.8g
- sugars (g)	17.3g	3.6g
Sodium (mg)	1128mg	233mg
Dietary Fibre (g)	8.8g	1.8g

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.



## Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut onion (see ingredients) into thick wedges. Peel potato, then cut into small chunks.
- Place potato and onion on a lined oven tray. Place peeled pumpkin pieces
  and garlic & herb seasoning on a second lined oven tray. Season both trays
  of veggies with salt and drizzle with olive oil.
- Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.
- In the last 5 minutes, add flaked almonds to the side and roast until golden.



# Make the parsley mayo

- Finely chop parsley.
- In a small bowl, combine parsley and plant-based mayo. Set aside.
- To the pan with the couscous, add baby leaves, roasted potato and onion and a drizzle of balsamic vinegar. Stir to combine. Season to taste.



#### Cook the couscous

- While the veggies are roasting, boil the kettle.
- 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 couscous to the pan.
- Add vegetable stock powder and a drizzle of olive oil. Stir to combine.



## Serve up

- Divide pearl couscous medley between plates.
- Top with roasted pumpkin and plant-based parsley mayo.
- Sprinkle with **flaked almonds** to serve. Enjoy!



