

Golden Pumpkin & Pearl Couscous Medley

with Flaked Almonds & Plant-Based Parsley Mayo

CLIMATE SUPERSTAR

Grab your meal kit with this number

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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!



Onion



Potato



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Flaked Almonds



Pearl (Israeli) Couscous



Vegetable Stock Powder



Parsley



Plant-Based Mayo



Baby Leaves



Haloumi/Grill Cheese



Chicken Breast

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

Calorie Smart

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

| | 2 People | 4 People |
|--------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| onion | ½ | 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 |

*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](https://www.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!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS

+ ADD HALOUMI/GRILL CHEESE

Cut into 1cm slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

+ ADD CHICKEN BREAST

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.

