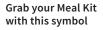


Roast Cauliflower & Basil Pesto Pearl Couscous

with Herby Mayo Dressing













Garlic & Herb Seasoning



Israeli Couscous



Vegetable Stock Powder



Roasted Almonds



Lemon





Basil Pesto



Dill & Parsley Mayonnaise



Before you start

Wash your hands and any fresh food.

You will need

Oven tray lined with baking paper · Medium saucepan

Ingredients

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	2 People
olive oil*	refer to method
cauliflower	1
onion	1
garlic & herb seasoning	1 medium sachet
Israeli couscous	1 packet
vegetable stock powder	1 medium sachet
roasted almonds	1 packet
lemon	1/2
mixed salad leaves	1 bag (60g)
basil pesto	1 packet (50g)
dill & parsley mayonnaise	2 medium

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3216kJ (768Cal)	626kJ (149Cal)
Protein (g)	18.2g	3.5g
Fat, total (g)	50g	9.7g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	58.2g	11.3g
- sugars (g)	11g	2.1g
Sodium (mg)	1279mg	249mg
Dietary Fibre (g)	12.7g	2.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.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. Boil the kettle.
- Chop cauliflower (including stalk!) into small florets. Slice onion into wedges.
- Place veggies on a lined oven tray and sprinkle over garlic & herb seasoning. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender and brown around edges,
 20-25 minutes.



Bring it all together

- Meanwhile, roughly chop **roasted almonds**. Slice **lemon** into wedges.
- To the couscous, add roast veggies, mixed salad leaves, basil pesto, almonds and a squeeze of lemon juice, and toss to combine. Season to taste.



Boil the couscous

- While the veggies are roasting, heat a drizzle of olive oil over medium-high heat in a medium saucepan. Toast Israeli 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 with vegetable stock powder. Set aside and allow to cool.



Serve up

- Divide roast cauliflower and basil pesto couscous salad between bowls.
- Drizzle over dill & parsley mayonnaise. Serve with remaining lemon wedges. Enjoy!

