



# Roast Cauliflower & Basil Pesto Pearl Couscous

with Herby Mayo Dressing

Grab your Meal Kit with this symbol



Cauliflower



Onion



Garlic & Herb Seasoning



Israeli Couscous



Vegetable Stock Powder



Roasted Almonds



Lemon



Mixed Salad Leaves



Basil Pesto



Dill & Parsley Mayonnaise

Prep in: **10 mins**  
Ready in: **25 mins**

Packed with all the goodness of roast veggies and a swirl of our creamy dill and parsley mayo on top, this bowl of pearl couscous will only leave you wanting more!

### Pantry items

Olive Oil

## Before you start

Wash your hands and any fresh food.

## You will need

Oven tray lined with baking paper · Medium saucepan

## Ingredients

	<b>2 People</b>
<b>olive oil*</b>	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	½
mixed salad leaves	1 bag (60g)
basil pesto	1 packet (50g)
dill & parsley mayonnaise	2 medium packets

\*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](https://hellofresh.com.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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**.

3



## 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.

2



## 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.

4



## Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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