



Spiced Cauliflower & Pearl Couscous Salad

with Roasted Pumpkin

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Cauliflower



Leek



Peeled Pumpkin Pieces



Middle Eastern Seasoning



Pearl (Israeli) Couscous



Vegetable Stock Powder



Lemon



Baby Leaves



Cow's Milk Feta



Chicken Thigh



Chicken Breast

Prep in: 15-25 mins
Ready in: 35-45 mins



This delightful dish is a celebration of wholesome roasted veggies like cauliflower and pumpkin with pearl couscous. Add Middle Eastern spices for extra flavour, then top it off with crumbly feta cheese.

Pantry items

Olive Oil, Butter, Honey

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 with lid and a medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
leek	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
Middle Eastern seasoning	½ sachet	1 sachet
pearl (Israeli) couscous	1 packet	2 packets
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
lemon	½	1
honey*	2 tsp	1 tbs
baby leaves	1 medium packet	1 large packet
cow's milk feta	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2350kJ (562cal)	195kJ (47cal)
Protein (g)	20.9g	1.7g
Fat, total (g)	24.8g	2.1g
- saturated (g)	12.8g	1.1g
Carbohydrate (g)	56.2g	4.7g
- sugars (g)	18.7g	1.5g
Sodium (mg)	1426mg	118mg
Dietary Fibre (g)	8.7g	0.7g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **cauliflower** into small florets. Slice **leek** into thick rounds.
- Place **cauliflower, peeled & chopped pumpkin, leek, Middle Eastern spice blend (see ingredients)**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** on a lined oven tray.
- Toss to combine, spread out evenly, then roast until tender, **20-25 minutes**.
- Remove from oven and set aside to cool slightly.

TIP: If your oven tray is crowded, divide between two trays.

3



Bring it all together

- When the veggies have **5 minutes** remaining, slice **lemon** into wedges.
- Combine the **honey**, a generous drizzle of **olive oil** and a generous squeeze of **lemon juice** in a large bowl.
- Add **baby leaves, roasted veggies** and the **lemon dressing** to the **couscous**. Toss to combine.

2



Cook the pearl couscous

- Meanwhile, heat a drizzle of **olive oil** in a large saucepan 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 with a drizzle of **olive oil**. Stir through the **butter** and **vegetable stock powder**.

4



Serve up

- Divide spiced cauliflower and pearl couscous salad between bowls.
- Crumble **feta (see ingredients)** over salad and serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS

+ ADD CHICKEN THIGH

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

+ ADD CHICKEN BREAST

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

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

