



Roast Eggplant & Cauliflower Couscous Bowl

with Cucumber Salad & Garlic Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Cauliflower



Onion



Eggplant



Chermoula Spice Blend



Cucumber



Garlic



Couscous



Garlic Dip



Greek-Style Yoghurt



Chargrilled Capsicum Relish



Mixed Salad Leaves



Mint



Chicken Breast



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins



This couscous bowl is packed to the brim with wholesome veggies, adding layers of flavour and texture to every mouthful. With a drizzle of garlicky yoghurt and a sweet capsicum relish, this meal is a culinary delight that's good for the body and the soul!

Pantry items

Olive Oil, Butter, Honey, White Wine 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

Oven tray lined with baking paper · Medium saucepan with lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
onion	½	1
eggplant	1	2
chermoula spice blend	1 medium sachet	1 large sachet
cucumber	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
garlic dip	1 large packet	2 large packets
Greek-style yoghurt	½ medium packet	1 medium packet
chargrilled capsicum relish	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
mint	1 large packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1948kJ (465Cal)	358kJ (85Cal)
Protein (g)	15.8g	2.9g
Fat, total (g)	15.3g	2.8g
- saturated (g)	6.7g	1.2g
Carbohydrate (g)	62.3g	11.4g
- sugars (g)	14.3g	2.6g
Sodium (mg)	991mg	182mg
Dietary Fibre (g)	14g	2.6g

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **cauliflower** (including stalk!) into small florets. Cut **onion** into wedges. Cut **eggplant** into quarters lengthways, then deeply score the flesh to make a criss-cross pattern.
- **SPICY!** *This is a mild spice blend, but use less if you're sensitive to heat!* In a medium bowl, combine **chermoula spice blend** and a generous drizzle of **olive oil**. Add **veggies** to the bowl and rub with **spice mixture**.
- Place on a lined oven tray, drizzle with **olive oil** and toss to coat. Roast until tender, **20-25 minutes**.

4



Make the garlic yoghurt

- Meanwhile, add **garlic dip** and **Greek-style yoghurt** to the small bowl with **garlic butter**. Stir to combine and season to taste.
- In a second small bowl, combine **chargrilled capsicum relish** and the **honey**.

2



Get prepped

- Meanwhile, slice **cucumber** into sticks.
- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** and a dash of **olive oil** over medium-high heat. Add **garlic** and cook until fragrant, **1 minute**.
- Transfer half the **garlic butter** to a small bowl.

5



Make the salad

- In a second medium bowl, combine **mixed salad leaves**, **cucumber**, a drizzle of **white wine vinegar** and **olive oil**. Season.

3



Make the couscous

- Add the **water** and a generous pinch of **salt** to the saucepan with remaining **garlic butter** and bring to the boil. Add **couscous** and stir to combine.
- Cover with a lid and remove from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.

6



Finish & serve

- Divide couscous between bowls.
- Top with cucumber salad, eggplant and cauliflower.
- Drizzle over garlic yoghurt and tear over **mint**.
- Serve with capsicum relish. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN BREAST

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



ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

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

