

Mediterranean Chorizo Couscous

with Capsicum, Balsamic Rocket & Feta

NEW

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39



Mild Chorizo



Capsicum



Carrot



Celery



Pearl Couscous



Garlic Paste



Tomato Paste



Herb & Mushroom Seasoning



Rocket Leaves



Cow's Milk Feta



Diced Chicken



Halloumi/Grill Cheese

Prep in: 20-30 mins
Ready in: 25-35 mins

Tonight's pearl couscous is packed with smoky, comforting Mediterranean flavours like chorizo and capsicum. It's hearty and cosy - all it needs is a sprinkle of crumbly feta to round out the perfect meal!

Pantry items

Olive Oil, Brown Sugar, Butter, 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

Medium saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|---------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| mild chorizo | ½ packet | 1 packet |
| capsicum | 1 | 2 |
| carrot | 1 | 2 |
| celery | 1 stalk | 2 stalks |
| pearl (Israeli) couscous | ½ packet | 1 packet |
| garlic paste | 1 medium packet | 1 large packet |
| tomato paste | 1 packet | 2 packets |
| herb & mushroom seasoning | 1 sachet | 2 sachets |
| water* | ¾ cup | 1½ cups |
| brown sugar* | 1 tsp | 2 tsp |
| butter* | 15g | 30g |
| rocket leaves | 1 medium packet | 2 medium packets |
| balsamic vinegar* | drizzle | drizzle |
| cow's milk feta | ½ packet | 1 packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3165kJ (756Cal) | 671kJ (160Cal) |
| Protein (g) | 32.1g | 6.8g |
| Fat, total (g) | 44g | 9.3g |
| - saturated (g) | 22.3g | 4.7g |
| Carbohydrate (g) | 57.3g | 12.2g |
| - sugars (g) | 16.5g | 3.5g |
| Sodium (mg) | 1990mg | 422mg |
| Dietary Fibre (g) | 7.7g | 1.6g |

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 | CW06



Get prepped

- Boil the kettle.
- Roughly chop **mild chorizo (see ingredients)** and **capsicum**.
- Grate **carrot**.
- Finely chop **celery**.



Make the sauce

- Meanwhile, heat a large frying pan over a high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chorizo** and **capsicum** until browned, **3-4 minutes**.
- Add **carrot** and **celery** and cook until tender, **3-4 minutes**.
- Add **garlic paste, tomato paste** and **herb & mushroom seasoning** and cook until fragrant, **1 minute**.
- Add the **water** and **brown sugar** and bring to the boil. Reduce heat to medium and simmer until slightly reduced, **3-4 minutes**.
- Add **pearl couscous** and the **butter**, stirring to coat, **1 minute**. Remove pan from heat and season to taste.

CUSTOM OPTIONS



ADD DICED CHICKEN

Cook with chorizo, until browned and cooked through, 3-4 minutes.



ADD HALLOUMI/GRILL CHEESE

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



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **pearl couscous (see ingredients)**, 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 a drizzle of **olive oil**.



Finish & serve

- Meanwhile, in a large bowl, combine **rocket leaves** and a drizzle of **balsamic vinegar** and olive oil.
- Divide Mediterranean chorizo and veggie couscous between bowls.
- Top with balsamic rocket. Crumble over **cow's milk feta** to serve. Enjoy!

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

