



Basil Pesto & Roast Pumpkin Couscous

with Lemon-Chilli Pangrattato & Crumbly Cheese

Grab your Meal Kit with this symbol



Courgette



Peeled Pumpkin Pieces



Garlic



Salad Leaves



Lemon



Israeli Couscous



Vegetable Stock Powder



Garlic & Herb Seasoning



Herbs



Panko Breadcrumbs



Chilli Flakes (Optional)



Basil Pesto



Greek Salad Cheese/ Feta Cheese



Diced Bacon

- Hands-on: 15-25 mins
- Ready in: 30-40 mins
- Spicy (optional chilli flakes)

Israeli couscous is the ideal ingredient in this warm bowl. With butternut pumpkin and courgette, this dinner filled with goodness gets the welcome addition of crumbly cheese and basil pesto to really raise the flavour stakes.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
garlic	3 cloves	6 cloves
salad leaves	1 small bag	1 medium bag
lemon	½	1
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 sachet	1 sachet
herbs	1 bag	1 bag
panko breadcrumbs	½ packet	1 packet
chilli flakes (optional)	pinch	pinch
basil pesto	1 packet (50g)	1 packet (100g)
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3115kJ (744Cal)	692kJ (165Cal)
Protein (g)	24.6g	5.5g
Fat, total (g)	28.6g	6.4g
- saturated (g)	6.7g	1.5g
Carbohydrate (g)	91.5g	20.3g
- sugars (g)	9.6g	2.1g
Sodium (mg)	1308mg	291mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5411kJ (1293Cal)	905kJ (216Cal)
Protein (g)	49.5g	8.3g
Fat, total (g)	82.1g	13.7g
- saturated (g)	28.8g	4.8g
Carbohydrate (g)	90.1g	15.1g
- sugars (g)	5.6g	0.9g
Sodium (mg)	2815mg	471mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle. Thinly slice **courgette** into half-moons.
- Place **peeled pumpkin pieces** and **courgette** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**. Roughly chop **salad leaves**. Zest **lemon** to get a pinch, then slice into wedges.

3



Make the pangrattato

- While the couscous is cooking, roughly chop **herb** leaves.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**.
- Add **lemon zest**, **garlic** and a pinch of **chilli flakes** (if using) and cook until fragrant, **1 minute**. Season, then stir through **herbs**.

CUSTOM RECIPE

Before cooking pangrattato, heat pan as above. Cook bacon, tossing, until golden, 6-7 minutes. Transfer to a bowl, then continue with step.

2



Cook the Israeli couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with boiling water, then add **vegetable stock powder** and **garlic & herb seasoning**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return to the pan with a drizzle of **olive oil**.

4



Serve up

- Gently stir roasted veggies, salad leaves, **basil pesto**, a good squeeze of lemon juice and 1/2 the **cheese** through couscous. Season to taste.
- Divide basil pesto and roast pumpkin couscous between bowls. Top with lemon and chilli pangrattato.
- Crumble over remaining cheese and serve with any remaining lemon wedges.

CUSTOM RECIPE

Stir cooked bacon through couscous.

Enjoy!