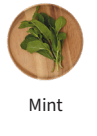
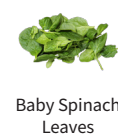
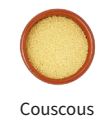




# Chermoula Lentil & Couscous Bowl

with Honey Carrots & Lemon Yoghurt Dressing

Grab your Meal Kit with this symbol



Hands-on: 25-35 mins  
Ready in: 30-40 mins

We love the tender texture of lentils and couscous; the fibrous grains and legumes are the perfect pair for handling bold flavours. Combine that with spiced and roasted veggies, creamy yoghurt and fresh mint for a bowl to remember!

**Pantry items**  
Olive Oil, Honey, Butter, Sugar, White Wine Vinegar



## 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 · Large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby rainbow carrots	1 packet	1 packet
parsnip	1	2
honey*	1 tsp	2 tsp
lentils	1 tin	2 tins
red onion	1 (medium)	1 (large)
lemon	½	1
roasted almonds	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
butter*	15g	30g
sugar*	½ tbs	1 tbs
white wine vinegar*	½ tbs	1 tbs
water*	¾ cup	1½ cups
vegetable stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2937kJ (702Cal)	525kJ (125Cal)
Protein (g)	28.5g	5.1g
Fat, total (g)	24.2g	4.3g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	88.2g	15.8g
- sugars (g)	20.2g	3.6g
Sodium (mg)	1311mg	234mg

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



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **baby rainbow carrots** and scrub the **carrots** clean. Cut the **parsnip** into thick sticks. Place the **carrots** and **parsnip** on a lined oven tray. Drizzle with **olive oil** and the **honey**, then season with **salt** and **pepper**. Toss to coat and roast until lightly caramelised, **20-25 minutes**.



## Cook the couscous

While the onion is cooking, add the **water**, **vegetable stock powder** and remaining **chermoula spice blend** to a medium saucepan and bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



## Cook the lentils

While the veggies are roasting, drain and rinse the **lentils**. Thinly slice the **red onion**. Slice the **lemon** into wedges. Roughly chop the **roasted almonds**. Heat a large frying pan over a medium heat with a drizzle of **olive oil**. Cook the **lentils** and 1/2 the **chermoula spice blend**, tossing, until fragrant and warmed through, **1-2 minutes**. Transfer to a plate.



## Bring it all together

In a small bowl, combine the **Greek-style yoghurt**, a splash of **water** and a squeeze of **lemon juice**. Set aside. Add the **lentils**, **baby spinach leaves** and a drizzle of **olive oil** to the cooked **couscous**. Stir to combine.



## Caramelize the onion

Return the frying pan to a medium-high heat. Melt the **butter** with a drizzle of **olive oil**. Cook the **onion** until softened, **5-6 minutes**. Stir in the **sugar** and **white wine vinegar**, then season with **salt** and **pepper** and cook until sticky, **3-4 minutes**. Set aside.



## Serve up

Divide the chermoula and lentil couscous between bowls. Top with the honey roasted veggies and caramelised onion. Drizzle with the yoghurt dressing. Tear over the **mint** leaves. Sprinkle with the almonds. Serve with any remaining lemon wedges.

## Enjoy!