



Chermoula Black Bean & Couscous Bowl

with Almonds & Garlic Mayo Dressing

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



White Turnip



Carrot



Garlic & Herb Seasoning



Black Beans



Onion



Lemon



Roasted Almonds



Chermoula Spice Blend



Couscous



Mayonnaise



Garlic Dip



Baby Spinach Leaves



Mint



Chicken Breast

Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

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

We love the tender texture of black beans and couscous; the nourishing grains and pulses are the perfect pair for handling bold flavours. Combine that with spiced and roasted veggies, garlic mayo dressing and refreshing herbs for a bowl to remember!

Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar, Brown Sugar

Before you start

wash your hands and any fresh food

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 frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white turnip	1	2
carrot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
black beans	1 tin	2 tins
onion	1 (medium)	1 (large)
lemon	½	1
roasted almonds	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
butter*	20g	40g
honey*	1 tsp	2 tsp
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
water* (for the couscous)	¾ cup	1½ cups
couscous	1 packet	1 packet
mayonnaise	1 medium packet	1 large packet
garlic dip	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
mint	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3585kJ (857Cal)	689kJ (165Cal)
Protein (g)	20.4g	3.9g
Fat, total (g)	49.2g	9.5g
- saturated (g)	9.9g	1.9g
Carbohydrate (g)	78.7g	15.1g
- sugars (g)	17g	3.3g
Sodium (mg)	1395mg	268mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4344kJ (1038Cal)	639kJ (153Cal)
Protein (g)	52.9g	7.8g
Fat, total (g)	54.8g	8.1g
- saturated (g)	11.6g	1.7g
Carbohydrate (g)	78.7g	11.6g
- sugars (g)	17g	2.5g
Sodium (mg)	1493mg	219mg

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://www.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



2023 | CW11



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Peel **white turnip**, then cut **turnip** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, then drizzle with **olive oil**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



Cook the couscous

- While the onion is cooking, add the **water (for the couscous)** to a medium saucepan. Bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.



Cook the beans

- While the veggies are roasting, drain and rinse **black beans**. Thinly slice **onion**. Slice **lemon** into wedges. Roughly chop **roasted almonds**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **black beans** and **chermoula spice blend** until fragrant and warmed through, **1-2 minutes**.
- Add the **butter** and **honey** and cook, stirring, until melted, **1 minute**. Transfer to a bowl and cover to keep warm.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. Heat pan as above, then before adding the beans, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.



Bring it all together

- In a small bowl, combine **mayonnaise** and **garlic dip**. Set aside.
- To the **couscous**, add the **black beans**, **roasted veggies**, **baby spinach leaves**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Toss to combine.



Caramelize the onion

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce the heat to medium, then add the **balsamic vinegar**, the **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Set aside.



Serve up

- Divide chermoula lentil couscous between bowls. Top with caramelised onion.
- Drizzle over garlic mayo. Tear over **mint** leaves and garnish with almonds.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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