

Chermoula Pumpkin & Nutty Couscous Salad

with Plant-Based Parsley-Garlic Aioli

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Carrot



Beetroot



Onion



Chermoula Spice Blend



Garlic & Herb Seasoning



Plant-Based Aioli



Parsley-Garlic Sauce



Couscous



Vegetable Stock Powder



Salad Leaves



Flaked Almonds

Recipe Update
 The recent wet and cold weather across New Zealand has 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: 20-30 mins
 Ready in: 35-45 mins

Plant Based

Calorie Smart

Who knew a sunset could taste so good? Roasted pumpkin and many other veggies bring the comfort of those toasty roast flavours. Spice the veggies with chermoula and sprinkle in a herby garlic seasoning then toss through a soft couscous to bring all the warm colours and tastes together. There's even a note of nuttiness from the almonds!

Pantry items

Olive Oil, 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

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
carrot	1	2
beetroot	1	2
onion	1 (medium)	1 (large)
chermoula spice blend	1 sachet	1 sachet
garlic & herb seasoning	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
plant-based aioli	1 packet (50g)	1 packet (100g)
parsley-garlic sauce	1 medium packet	1 large packet
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1 ½ cups
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2273kJ (543Cal)	383kJ (92Cal)
Protein (g)	14.4g	2.4g
Fat, total (g)	21.5g	3.6g
- saturated (g)	1.8g	0.3g
Carbohydrate (g)	69.7g	11.7g
- sugars (g)	22g	3.7g
Sodium (mg)	1746mg	294mg

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.



Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray and set aside.
- Cut **carrot** into bite-sized chunks. Cut **beetroot** into 1cm chunks. Cut **onion** into thick wedges.
- Place **carrot, beetroot** and **onion** on a second lined oven tray.



Cook the couscous

- When the veggies have **5 minutes** cook time remaining, boil the kettle.
- In a large heatproof bowl, add **couscous** and **vegetable stock powder**.
- Add the **boiling water** and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork.



Roast the veggies

- To the tray with the **pumpkin**, add a drizzle of **olive oil**, sprinkle with **chermoula spice blend** and season with **salt** and **pepper**. Toss to coat.
- To the tray with the **veggies**, add a drizzle of **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Roast **pumpkin** and **veggies** until tender, **20-25 minutes**. In the last **5 minutes**, add **flaked almonds** to the tray with veggies to toast.



Bring it all together

- To the bowl with the **couscous**, add **salad leaves** and the **roast veggies** with **almonds**. Drizzle with **white wine vinegar** and **olive oil**. Gently toss to combine. Season to taste.



Make the parsley-garlic aioli

- In a small bowl, combine **plant-based aioli**, **parsley-garlic sauce** and a splash of **water**. Season to taste and set aside.



Serve up

- Divide nutty couscous salad between bowls. Top with chermoula pumpkin.
- Dollop over parsley-garlic aioli. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW30



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate