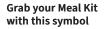


Chermoula Spiced Paneer & Veggie Couscous

with Lemony Yoghurt & Currants



















Vegetable Stock Powder







Paneer Cheese













Baby Spinach Leaves



Pantry items Olive Oil

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful paneer meets roasted vegetables tossed with chermoula spices, and there's a tangy yoghurt dressing plus a smattering of juicy currants in the couscous to finish it off.

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
parsnip	1	2	
cauliflower	1 portion (200g)	1 portion (400g)	
red onion	1 (medium)	1 (large)	
chermoula spice blend	1 sachet	1 sachet	
water* (for the couscous)	¾ cup	1½ cups	
vegetable stock powder	1 sachet	1 sachet	
couscous	1 packet	2 packets	
currants	1 packet	2 packets	
paneer cheese	1 packet	2 packets	
Greek-style yoghurt	1 medium packet	1 large packet	
salt*	1/4 tsp	½ tsp	
flaked almonds	1 packet	2 packets	
garlic	2 cloves	4 cloves	
lemon	1/2	1	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
water* (for the dressing)	1 tbs	2 tbs	
mint	1 bunch	1 bunch	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4037kJ (964Cal)	653kJ (156Cal)
Protein (g)	53.7g	8.7g
Fat, total (g)	51.2g	8.3g
- saturated (g)	29.7g	4.8g
Carbohydrate (g)	76.2g	12.3g
- sugars (g)	28.5g	4.6g
Sodium (mg)	1160mg	188mg

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.



Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Cut the carrot (unpeeled) into 1cm half-moons. Cut the parsnip (unpeeled) into 1cm chunks. Cut the cauliflower into small florets. Slice the red onion into 2cm wedges. Place the veggies on an oven tray lined with baking paper. Sprinkle over 1/2 the chermoula spice blend and a drizzle of olive oil, then season with salt and pepper. Toss to coat and roast until tender, 25-30 minutes.

TIP: Cut the veggies to size so they cook in time.



Cook the couscous

While the veggies are roasting, add the water (for the couscous) to a medium saucepan. Add the vegetable stock powder, then bring to the boil. Add the couscous, currants and a drizzle of olive oil. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, 5 minutes. Fluff up with a fork and set aside uncovered.



Flavour the paneer

While the couscous is cooking, cut the **paneer cheese** into 2cm cubes. In a large bowl, combine the **Greek-style yoghurt** (1 tbs for 2 people / 2 tbs for 4 people), remaining **chermoula spice blend**, the **salt** and a generous drizzle of **olive oil**. Add the **paneer** and toss to coat.



Cook the paneer

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Finely chop the **garlic**. Return the frying pan to a medium-high heat with a generous drizzle of **olive oil**. Cook the **paneer**, tossing occasionally, until golden, **4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.



Bring it all together

While the paneer is cooking, zest the **lemon** to get a pinch, then slice into wedges. Roughly chop the **baby spinach leaves**. In a second small bowl, combine the remaining **yoghurt**, the **lemon zest** and **water (for the dressing)**. Season with **salt** and **pepper**. Set aside. Add the roasted **veggies**, **baby spinach** and a squeeze of **lemon juice** to the **couscous**. Toss to combine.



Serve up

Pick and roughly chop the **mint**. Divide the roast veggie couscous between plates. Top with the chermoula spiced paneer. Drizzle over the lemony yoghurt. Garnish with the mint and toasted almonds. Serve with any remaining lemon wedges.

Enjoy!