

Chermoula Spiced Paneer & Veggie Couscous

with Lemony Yoghurt & Currants

Grab your Meal Kit with this symbol



Carrot



Parsnip



Cauliflower



Red Onion



Chermoula Spice Blend



Vegetable Stock Powder



Couscous



Currants



Paneer Cheese



Greek-Style Yoghurt



Flaked Almonds



Garlic



Lemon



Baby Spinach Leaves



Mint

Hands-on: 25-35 mins
Ready in: 35-45 mins

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.

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 with a lid · Large frying pan

Ingredients

| | 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* | ¼ tsp | ½ tsp |
| flaked almonds | 1 packet | 2 packets |
| garlic | 2 cloves | 4 cloves |
| lemon | ½ | 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 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**.



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.



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!