



Golden Pumpkin & Israeli Couscous Salad

with Almonds & Plant-Based Basil Pesto Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



White Turnip



Carrot



Peeled Pumpkin Pieces



Aussie Spice Blend



Israeli Couscous



Vegetable Stock Powder



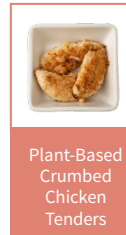
Roasted Almonds



Plant-Based Mayo



Plant-Based Basil Pesto



Plant-Based Crumbed Chicken Tenders

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: 15-25 mins
Ready in: 30-40 mins

Plant Based

Quick and easy, that's the best kind of dinner. Roast the pumpkin in our Aussie spice blend then whip up a fluffy couscous and have it ready to be gobbled down in no time at all. Top it off with a plant-based basil pesto mayo to ensure there won't be any crumbs left.

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

Pantry items

Olive Oil, Balsamic Vinegar

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

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
white turnip	1	2
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
carrot	1	2
Aussie spice blend	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
roasted almonds	1 packet	2 packets
plant-based basil pesto	1 packet (50g)	1 packet (100g)
plant-based mayo	1 packet	1 packet
balsamic vinegar*	drizzle	drizzle
plant-based crumbed chicken tenders**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2869kJ (686Cal)	646kJ (154Cal)
Protein (g)	16.8g	3.8g
Fat, total (g)	31.1g	7g
- saturated (g)	2.6g	0.6g
Carbohydrate (g)	82.5g	18.6g
- sugars (g)	20.6g	4.6g
Sodium (mg)	1278mg	288mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4864kJ (1163Cal)	819kJ (196Cal)
Protein (g)	39.3g	6.6g
Fat, total (g)	62.9g	10.6g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	107.4g	18.1g
- sugars (g)	22.1g	3.7g
Sodium (mg)	2132mg	359mg

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.

We're here to help!

Scan here if you have any questions or concerns



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **onion** into thick wedges. Peel **white turnip**, then cut into small chunks. Cut **carrot** into bite-sized chunks.
- Place **onion**, **carrot** and **turnip** on a lined oven tray. Place **peeled pumpkin pieces** and **Aussie spice blend** on a second lined oven tray. Season both trays of **veggies** with **salt** and drizzle with **olive oil**.
- Toss to coat, spread out evenly, then roast the **veggies** until tender, **25-30 minutes**.



Prep the almonds & pesto mayo

- Meanwhile, roughly chop **roasted almonds**.
- In a small bowl, combine **plant-based basil pesto** and **plant-based mayo**. Set aside.
- To the saucepan with **couscous**, add **roasted turnip**, **carrot** and **onion** and a drizzle of **balsamic vinegar**. Stir to combine. Season to taste.



Cook the couscous

- While the veggies are roasting, boil the kettle. In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain and return **couscous** to the pan.
- Add **vegetable stock powder** and a drizzle of **olive oil**. Stir to combine.

Custom Recipe: If you've added plant-based chicken tenders, before cooking the couscous, heat the pan as above and cook plant-based chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate. Continue with step.



Serve up

- Divide Israeli couscous salad between plates.
- Top with golden pumpkin and plant-based basil pesto mayo.
- Sprinkle with almonds to serve. Enjoy!

Custom Recipe: Top with the plant-based chicken tenders to serve.

Rate your recipe

Did we make your tastebuds happy?

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