



Roast Pumpkin & Israeli Couscous Salad

with Hazelnuts & Plant-Based Basil Pesto Mayo

EXPLORER

Grab your Meal Kit with this symbol



Onion



White Turnip



Peeled Pumpkin Pieces



Aussie Spice Blend



Israeli Couscous



Vegetable Stock Powder



Plant-Based Basil Pesto



Plant-Based Mayo



Baby Spinach Leaves



Roasted Hazelnuts



Haloumi/Grill Cheese

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



Calorie Smart[^]

[^]Custom Recipe is not Calorie Smart



Plant Based*

*Custom Recipe is not 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 · Large frying pan

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 packet (200g) | 1 packet (400g) |
| Aussie spice blend | 1 sachet | 1 sachet |
| Israeli couscous | 1 packet | 2 packets |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| plant-based basil pesto | 1 medium packet | 1 large packet |
| plant-based mayo | 1 medium packet | 1 large packet |
| baby spinach leaves | 1 small bag | 1 medium bag |
| balsamic vinegar* | drizzle | drizzle |
| roasted hazelnuts | 1 packet | 2 packets |
| haloumi/ grill cheese** | 1 packet | 2 packets |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2287kJ (547Cal) | 677kJ (162Cal) |
| Protein (g) | 14.3g | 4.2g |
| Fat, total (g) | 30.6g | 9.1g |
| - saturated (g) | 2.5g | 0.7g |
| Carbohydrate (g) | 52g | 15.4g |
| - sugars (g) | 11.2g | 3.3g |
| Sodium (mg) | 1180mg | 349mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3533kJ (844Cal) | 826kJ (197Cal) |
| Protein (g) | 36.2g | 8.5g |
| Fat, total (g) | 53.2g | 12.4g |
| - saturated (g) | 16.1g | 3.8g |
| Carbohydrate (g) | 54.2g | 12.7g |
| - sugars (g) | 13.4g | 3.1g |
| Sodium (mg) | 1900mg | 444mg |

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

2023 | CW21



1



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.
- Place **onion** 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**.

Custom Recipe: If you've added haloumi to your meal, cut haloumi into 1cm-thick slices.

3



Make the basil pesto mayo

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

2



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: While the couscous is cooking, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook haloumi, until golden brown, 1-2 minutes each side. Set aside.

4



Serve up

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

Custom Recipe: Top couscous with haloumi.

Rate your recipe

Did we make your tastebuds happy?

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