



Middle Eastern Roasted Chickpeas

with Garlic Couscous & Mint Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Beetroot



Red Onion



Lemon



Lemon Pepper Spice Blend



Chickpeas



Garlic



Chermoula Spice Blend



Mint



Yoghurt



Vegetable Stock



Couscous



Baby Spinach Leaves



Chilli Flakes (Optional)

Hands-on: **35-45 mins**
 Ready in: **40-50 mins**
 Spicy (optional chilli flakes)

Go big or go home! That was our philosophy with the bold flavours in this veggie sensation. There's chermoula roast veggies, plus chickpeas and a lightly seasoned couscous that's all brought together with a cooling mint yoghurt. Go big with us, you'll be glad you did.

Pantry Items

Olive Oil, Honey, Butter

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 frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
carrot	1	2
beetroot	1	2
red onion	1 (medium)	1 (large)
lemon	½	1
honey*	2 tsp	4 tsp
lemon pepper spice blend	1 sachet	2 sachets
chickpeas	1 tin	2 tins
garlic	3 cloves	6 cloves
butter*	20g	40g
chermoula spice blend	1 packet	2 packets
mint	1 bunch	1 bunch
yoghurt	1 packet	1 packet
water*	1 cup	2 cups
vegetable stock	1 sachet	1 sachet
couscous	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2500kJ (598Cal)	389kJ (93Cal)
Protein (g)	24.4g	3.8g
Fat, total (g)	18.3g	2.9g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	74.6g	11.6g
- sugars (g)	24.2g	3.8g
Sodium (g)	1350mg	210mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into 2cm florets. Cut the **carrot** (unpeeled) into 1cm batons. Cut the **beetroot** (unpeeled) into 1cm chunks. Slice the **red onion** into 1cm wedges. Slice the **lemon** (see **ingredients list**) into wedges.

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



4. Make the mint yoghurt

Pick and thinly slice the **mint** leaves. In a small bowl, combine the **yoghurt**, a **squeeze** of **lemon juice** and **1/2** the **mint**. Season with a **pinch** of **salt** and **pepper** and mix well. Set aside.



2. Roast the veggies

Spread the **cauliflower**, **carrot**, **beetroot** and **onion** over an oven tray lined with baking paper and roast until tender, **25-30 minutes**. When the veggies are done, **drizzle** with the **honey** and sprinkle over the **lemon pepper spice blend**. Toss to combine.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



5. Make the garlic couscous

Heat a medium saucepan over a medium heat with a **drizzle** of **olive oil**. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **water** and **vegetable stock** and bring to the boil. Add the **couscous** and a **drizzle** of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork. Add the **remaining mint** and gently stir to combine. In a large bowl, add the roasted **veggies** and **baby spinach leaves** and gently toss to coat.

TIP: Allow the veggies to cool slightly before tossing to keep the spinach leaves crisp.



3. Cook the chickpeas

While the veggies are roasting, drain and rinse the **chickpeas**. Finely chop the **garlic** (or use a garlic press). Heat a medium frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add the **chickpeas** and cook, tossing, until golden, **5-6 minutes**. Add the **butter**, **chermoula spice blend**, **1/2** the **garlic** and a **generous pinch** of **salt** and cook until fragrant, **1 minute**.



6. Serve up

Divide the garlic couscous and roast veggie toss between plates. Top with the Middle Eastern chickpeas. Serve with the mint yoghurt and remaining lemon wedges. Sprinkle with the **chilli flakes** (if using).

Enjoy!