

# Harissa Roasted Pumpkin

with Spinach Couscous, Herby Mayo & Almonds

Grab your Meal Kit with this symbol



Onion



Harissa Paste



Baby Broccoli



Lemon



Flaked Almonds



Couscous



Vegetable Stock Powder



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Peeled Pumpkin Pieces



Cow's Milk Feta

### Recipe Update

The recent wet and cold weather across New Zealand has 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: 20-30 mins  
Ready in: 35-45 mins

 Calorie Smart

Couscous is a lovely way to finish the day off, but what if there was a bit of green? Add some spinach to pop against the vibrant orange of the roasted pumpkin. Finally, crumble little clouds of feta on top for the perfect way to tie this dinner together.

### 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	1 (medium)	1 (large)
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
harissa paste	1 packet (40g)	2 packets (80g)
baby broccoli	1 bag	1 bag
lemon	½	1
flaked almonds	1 packet	2 packets
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
baby spinach leaves	1 medium bag	1 large bag
dill & parsley mayonnaise	1 medium packet	1 large packet
cow's milk feta	¼ packet (47.5g)	½ packet (95g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2268kJ (542Cal)	478kJ (114Cal)
Protein (g)	17.5g	3.7g
Fat, total (g)	25.8g	5.4g
- saturated (g)	5g	1.1g
Carbohydrate (g)	57.2g	12.1g
- sugars (g)	16.2g	3.4g
Sodium (mg)	1253mg	264mg

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](https://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 oven to **220°C/200°C fan-forced**.
- Slice **onion** into wedges.
- Place **onion** and **peeled pumpkin pieces** on a lined oven tray.
- Add **harissa paste**, a pinch of **salt** and a drizzle of **olive oil**. Toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



## Cook the baby broccoli

- When the veggies have **10 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli**, tossing regularly, until tender, **3-4 minutes**.



## Get prepped

- Meanwhile, boil the kettle.
- Trim **baby broccoli** and slice in half lengthways.
- Zest **lemon** to get a pinch, then slice into wedges.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Set aside.



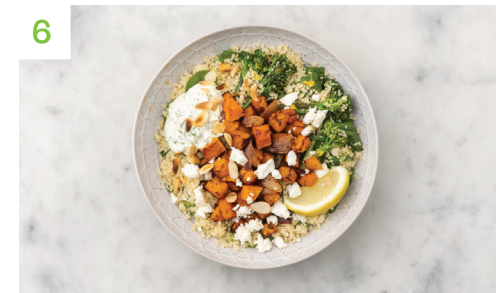
## Finish the couscous

- To the bowl with the couscous, add the **baby broccoli**, **baby spinach leaves**, **lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste with **salt** and **pepper** and stir to combine.



## Start the couscous

- In a medium heatproof bowl, add **couscous** and **vegetable stock powder**.
- Add the **boiling water** (see ingredients) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.



## Serve up

- Divide spinach couscous between bowls and top with harissa roasted pumpkin and **dill & parsley mayo**.
- Crumble over **feta** (see ingredients) and garnish with toasted almonds.
- Serve with remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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