



# Honey-Sesame Feta & Couscous Bowl

with Roasted Veggies

Grab your Meal Kit with this symbol



Red Kumara



Capsicum



Courgette



Lemon



Oregano



Feta



Garlic & Herb Seasoning



Couscous



Sesame Seeds



Spinach & Rocket Mix

Hands-on: 15-25 mins  
Ready in: 25-35 mins

A medley of brightly coloured veggies and big flavours like garlic and herb spices are super filling while still feeling fresh and light. A drizzle of sweet honey tops off a dish whose star, really, is the punchy, crumbly feta - it's outrageously good!

*Unfortunately, this week's orange kumara was in short supply, so we've replaced it with red kumara. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Honey

## 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
red kumara	1 (medium)	1 (large)
capsicum	1	2
courgette	1	2
lemon	½	1
oregano	1 bunch	1 bunch
feta	2 blocks (200g)	4 blocks (400g)
water*	¾ cup	1½ cups
garlic & herb seasoning	1 sachet	1 sachet
couscous	1 packet	1 packet
sesame seeds	1 sachet	1 sachet
honey*	1 tbs	2 tbs
spinach & rocket mix	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3072kJ (734Cal)	537kJ (128Cal)
Protein (g)	33g	5.8g
Fat, total (g)	33.3g	5.8g
- saturated (g)	16.7g	2.9g
Carbohydrate (g)	73.2g	12.8g
- sugars (g)	22.4g	3.9g
Sodium (mg)	1570mg	274mg

## 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 the oven to **220°C/200°C fan-forced**. Cut the **red kumara** (unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Slice the **courgette** into 1cm rounds. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

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



## Get prepped

While the veggies are roasting, zest the **lemon** to get a pinch, then slice in half. Pick the **oregano** leaves. Slice the **feta** into thirds so you get 3 pieces per person. In a small bowl, combine a generous squeeze of **lemon juice**, the **lemon zest** and **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people), then season with **salt** and **pepper**. Set aside.



## Cook the couscous

In a medium saucepan, add the **water** and **garlic & herb seasoning** and bring to the boil. Add the **couscous**, then stir to combine. Cover with a lid and remove from the heat, then leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



## Cook the sesame feta

When the veggies have **5 minutes** cook time remaining, heat a large frying pan over a medium heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Add the **honey** and **oregano**, then stir to combine. Carefully add the **feta** and cook, turning half-way through, until just softened and coated in the **honey mixture**, **1-2 minutes**.



## Finish the couscous

Add the roasted **veggies**, **spinach & rocket mix** and the **lemon dressing** to the cooked **couscous**. Gently toss to coat and season to taste.



## Serve up

Divide the roasted veggie couscous between bowls. Top with the honey-sesame feta and spoon over any remaining sauce.

Enjoy!