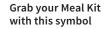


Middle Eastern Harissa Roast Pumpkin Bowl

with Israeli Couscous & Garlic Mayo

CLIMATE SUPERSTAR









Harissa Paste



Baby Broccoli

Roasted Almonds





Plant-Based Mayo





Israeli Couscous





Garlic Paste



Peeled Pumpkin Pieces



Chicken Breast

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: 25-35 mins Ready in: 30-40 mins



A roast pumpkin bowl sounds so nourishing and refreshing especially when there's some warm Middle Eastern flavours. The touch of harissa really brings everything together and adds an extra burst of flavour to the Israeli couscous. We're feeling rejuvenated already.

Pantry items Olive Oil, White Wine 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

Oven tray 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)
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
harissa paste	1 medium packet	1 large packet
baby broccoli	1 bag	1 bag
roasted almonds	1 packet	2 packets
plant-based mayo	1 medium packet	2 medium packets
garlic dip	1 medium packet	1 large packet
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
garlic paste	1 packet	1 packet
carrot	1	2
white wine vinegar*	drizzle	drizzle
chicken breast**	1 packet	1 packet
and the second		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2710kJ (648Cal)	546kJ (130Cal)
Protein (g)	17.3g	3.5g
Fat, total (g)	35.6g	7.2g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	61.7g	12.4g
- sugars (g)	15.4g	3.1g
Sodium (mg)	1326mg	267mg
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Avg Qty	Per Serving	Per 100g
Energy (kJ)	3470kJ (829Cal)	529kJ (126Cal)
Protein (g)	49.8g	7.6g
Fat, total (g)	41.3g	6.3g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	61.7g	9.4g
- sugars (g)	15.4g	2.3g
Sodium (mg)	1425mg	217mg

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 pumpkin

- Preheat oven to 220°C/200°C fan-forced.
- Slice **onion** into wedges. Cut **carrot** into bite-sized chunks.
- Place onion, carrot 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 and roast until tender, 20-25 minutes.



Get prepped

- While the pumpkin is roasting, boil the kettle.
- Halve any thick baby broccoli stalks lengthways.
 Roughly chop roasted almonds.
- In a small bowl, combine **plant-based mayo** and **garlic dip**. Set aside.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Cook the couscous

- 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 to the pan.
- Add vegetable stock powder and a drizzle of olive oil and stir to combine.



Cook the baby broccoli

- When the pumpkin has 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook baby broccoli until tender, 5-6 minutes.
- Add garlic paste and cook until fragrant,
 1 minute.

Custom Recipe: Before cooking the baby broccoli, heat the pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to plate, then continue as above.



Finish the couscous

 To the couscous, add baby broccoli and a drizzle of white wine vinegar. Season and stir to combine.



Serve up

- Divide Israeli couscous between bowls.
- Top with Middle Eastern harissa roast pumpkin and garlic mayo.
- Garnish with **almonds** to serve. Enjoy!

Custom Recipe: Top couscous with chicken.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate