

Middle Eastern Harissa Roast Pumpkin Bowl

with Israeli Couscous & Garlic Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Harissa Paste



Baby Broccoli



Roasted Almonds



Plant-Based Mayo



Garlic Dip



Israeli Couscous



Vegetable Stock Powder



Garlic Paste



Carrot



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

Calorie Smart

Eat Me First*
*Custom Recipe only

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

*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

Custom Recipe

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](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.

We're here to help!

Scan here if you have any questions or concerns



1



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**.

4



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.

2



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.

5



Finish the couscous

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

3



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.

6



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.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)