



Middle Eastern Veggie Israeli Couscous

with Feta Yoghurt & Pistachios

Grab your Meal Kit with this symbol



Onion



Parsnip



Beetroot



Peeled Pumpkin Pieces



Middle Eastern Seasoning



Pistachios



Israeli Couscous



Vegetable Stock Powder



Parsley



Lemon



Cow's Milk Feta



Greek-Style Yoghurt



Chicken Breast

Prep in: **20-30 mins**
Ready in: **30-40 mins**



Calorie Smart[^]

[^]Custom Recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

Grab a bowl and the largest spoon you own because you'll want to eat as much of this nutritious veggie couscous as possible. Enjoy root veggies like pumpkin, parsnip and beetroot roasted and spiced, they add both a pop of colour and flavour.

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

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
parsnip	2	4
beetroot	1	2
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
Middle Eastern seasoning	1 sachet	2 sachets
pistachios	1 packet	2 packets
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
parsley	1 bunch	1 bunch
lemon	½	1
cow's milk feta	¼ packet (47.5g)	½ packet (95g)
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2261kJ (540Cal)	434kJ (104Cal)
Protein (g)	21.3g	4.1g
Fat, total (g)	17.8g	3.4g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	74.9g	14.4g
- sugars (g)	25.7g	4.9g
Sodium (mg)	1288mg	247mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2918kJ (697Cal)	435kJ (104Cal)
Protein (g)	54.7g	8.2g
Fat, total (g)	20.2g	3g
- saturated (g)	6.2g	0.9g
Carbohydrate (g)	74.9g	11.2g
- sugars (g)	25.7g	3.8g
Sodium (mg)	1349mg	201mg

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

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan forced**. Slice **onion** into wedges. Cut **parsnip** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **peeled pumpkin pieces, parsnip, beetroot** and **onion** on a lined oven tray.
- Sprinkle with **Middle Eastern seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- When the veggies have **5 minutes** remaining, add **pistachios** to one side of the tray and roast until golden, **3-4 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

4



Make the feta yoghurt

- Crumble **feta** (see ingredients) into a small bowl, then add **Greek-style yoghurt**. Season with **salt** and **pepper** and stir to combine.

2



Cook the couscous

- While the veggies are roasting, boil the kettle.
- 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 with **vegetable stock powder** and a drizzle of **olive oil**.

5



Toss the salad

- To the **couscous**, add **roasted veggies, parsley, lemon zest** and a good squeeze of **lemon juice**. Stir to combine.

Custom Recipe: In a large frying pan heat a drizzle of olive oil over medium-high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Season, then stir chicken through the couscous.

3



Get prepped

- While the couscous is cooking, roughly chop **parsley**.
- Zest **lemon** to get a good pinch, then slice into wedges.

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

6



Serve up

- Roughly chop pistachios.
- Divide Middle Eastern veggie Israeli couscous salad between bowls.
- Top with feta yoghurt and garnish with pistachios. Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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