



Pumpkin & Veggie Israeli Couscous Salad

with Honey Dressing, Herby Mayo & Crumbly Cheese

Grab your Meal Kit with this symbol



Israeli Couscous



Vegetable Stock Powder



Onion



Peeled Pumpkin Pieces



Chermoula Spice Blend



Mixed Leaves



Lemon



Cucumber



Roasted Almonds



Dill & Parsley Mayonnaise



Herbs



Greek Salad Cheese/
Feta Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins
Ready in: 40-50 mins

This delightful dish is a celebration of wholesome roasted veggies with Israeli couscous and fragrant herbs. Add crumbly cheese and roasted almonds for extra flavour and crunch, then top it off with a drizzle of dill-parsley dressing.

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

Large saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 large sachet	2 large sachets
onion	1 (medium)	1 (large)
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
chermoula spice blend	1 sachet	1 sachet
mixed leaves	1 medium bag	1 large bag
lemon	½	1
cucumber	1 (medium)	1 (large)
roasted almonds	1 packet	2 packets
dill & parsley mayonnaise	1 packet (100g)	2 packets (200g)
honey*	2 tsp	4 tsp
herbs	1 bag	1 bag
Greek salad cheese/ feta cheese	1 block (50g)	1 block (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3006kJ (718Cal)	702kJ (167Cal)
Protein (g)	19g	4.4g
Fat, total (g)	48.3g	11.3g
- saturated (g)	7.9g	1.8g
Carbohydrate (g)	48.5g	11.3g
- sugars (g)	16.8g	3.9g
Sodium (mg)	1830mg	427mg

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.



Cook the Israeli couscous

- Preheat oven to **220°C/200°C fan-forced**. 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 **vegetable stock powder**. Bring to the boil, then simmer, uncovered, until tender, 10-12 minutes.
- Drain and return to the pan with a drizzle of **olive oil**. Cover to keep warm.



Prep the toppings

- While the veggies are roasting, roughly chop **mixed leaves**. Zest **lemon** to get a pinch, then cut into wedges. Thinly slice **cucumber** into half-moons. Roughly chop **roasted almonds**.
- In a small bowl, combine **dill & parsley mayonnaise** with a dash of **water**. Set aside.
- In a second small bowl, combine the **honey**, **lemon zest**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season, then mix well.



Roast the veggies

- Meanwhile, cut **onion** into wedges.
- Place **peeled pumpkin pieces**, **onion** and **chermoula spice blend** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

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



Serve up

- Add roasted veggies, mixed leaves, cucumber and honey dressing to the couscous. Toss to combine.
- Pick and thinly slice **herbs** leaves.
- Divide pumpkin and veggie Israeli couscous salad between bowls.
- Top with herby mayo and crumble over **cheese**.
- Garnish with almonds and herbs. Serve with any remaining lemon wedges.

Enjoy!