



Roast Pumpkin & Goat Cheese Salad

with Israeli Couscous & Dill-Parsley Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Onion



Middle Eastern Seasoning



Israeli Couscous



Vegetable Stock Powder



Flaked Almonds



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Peeled Pumpkin Pieces



Goat Cheese

Recipe Update

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

Prep in: 20-30 mins
Ready in: 40-50 mins



Like a soft teddy bear, tonight's dish is fluffy and calming. Tufts of roasted pumpkin and other warm veggies poke out of a golden Israeli couscous, mixed with creamy goat cheese on top, it will be like eating a very tasty cloud.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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 · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
onion	1 (medium)	1 (large)
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
Middle Eastern seasoning	1 sachet	2 sachets
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
mixed salad leaves	1 medium bag	1 large bag
honey*	½ tbs	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle
goat cheese	½ packet (50g)	1 packet (100g)
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2681kJ (641Cal)	532kJ (127Cal)
Protein (g)	19.3g	3.8g
Fat, total (g)	31.2g	6.2g
- saturated (g)	5.8g	1.2g
Carbohydrate (g)	69g	13.7g
- sugars (g)	18.7g	3.7g
Sodium (mg)	1246mg	247mg

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.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **potato** into bite-sized chunks. Cut **onion** into wedges.



Toast the almonds

- Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**.



Roast the veggies

- Place **potato**, **peeled pumpkin pieces**, **onion** and **Middle Eastern seasoning** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.
- Remove **veggies** from oven and set aside to cool slightly.



Toss the salad

- In a large bowl, combine **mixed salad leaves**, **roasted veggies**, **couscous**, the **honey** and a drizzle of **vinegar** and **olive oil**. Season to taste.



Make the couscous

- While the veggies are roasting, heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with boiling water, then add **vegetable stock powder**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return **couscous** to the pan with a drizzle of **olive oil**.



Serve up

- Divide roast pumpkin and couscous salad between bowls. Crumble **goat cheese** (see ingredients) over salad.
- Sprinkle with toasted almonds and serve with **dill & parsley mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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