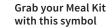


Roast Pumpkin & Goat Cheese Salad

with Israeli Couscous & Dill-Parsley Mayo

CLIMATE SUPERSTAR











Middle Eastern Seasoning

Israeli Couscous





Vegetable Stock Powder

Flaked Almonds





Leaves

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



Calorie Smart

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 \cdot Large saucepan \cdot Large frying pan

Ingredients

3			
	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.



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.



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.



Toast the almonds

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



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.



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!

