



# Roast Kumara & Goat Cheese Salad

with Israeli Couscous & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Kumara



Cauliflower



Onion



Middle Eastern Seasoning



Israeli Couscous



Vegetable Stock Powder



Flaked Almonds



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Goat Cheese

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 kumara and cauliflower 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
<i>olive oil*</i>	refer to method	refer to method
kumara	1 (medium)	1 (large)
cauliflower	1 portion (400g)	2 portions (800g)
onion	1 (medium)	1 (large)
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
<i>honey*</i>	2 tsp	1 tbs
<i>vinegar*</i> (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)	2711kJ (648Cal)	538kJ (129Cal)
Protein (g)	18.5g	3.7g
Fat, total (g)	31.3g	6.2g
- saturated (g)	5.8g	1.2g
Carbohydrate (g)	70.9g	14.1g
- sugars (g)	20.1g	4g
Sodium (mg)	1276mg	253mg

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://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.
- Peel and cut **kumara** into bite-sized chunks. Chop **cauliflower** into small florets. 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**. Remove from heat.



## Roast the veggies

- Place **kumara, cauliflower and onion** on a lined oven tray. Sprinkle over **Middle Eastern seasoning**, drizzle generously with **olive oil** and season with **salt and pepper**. 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 kumara 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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