

Roast Veggie, Chickpea & Date Tagine

with Couscous & Herbed Yoghurt

Grab your Meal Kit with this symbol



Carrot



Cauliflower



Parsnip



Slivered Almonds



Garlic



Brown Onion



Salad Leaves



Lemon



Herbs



Chickpeas



Couscous



Chermoula Spice Blend



Greek-Style Yoghurt



Diced Dried Dates



Chopped Tomatoes



Vegetable Stock Powder

Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **25-35 mins**
Ready in: **40-50 mins**

A tagine is traditionally a slow-cooked Moroccan dish, bursting with flavour and delightful aromas. Well, we've kept the flavour and fragrance, but made it speedier for you to enjoy sooner. Bask in a combination of fluffy couscous, sweetly spiced chickpeas and a fresh herbed yoghurt topping and you too will think of a tagine as a surprising weeknight staple.

Pantry items

Olive Oil

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
parsnip	1	2
slivered almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
salad leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
herbs	1 bunch	1 bunch
chickpeas	1 tin	2 tins
water* (for the couscous)	¾ cup	1 ½ cup
couscous	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
Greek-style yoghurt	1 medium packet	1 large packet
diced dried dates	½ packet	1 packet
chopped tomatoes	1 tin	2 tins
water* (for the sauce)	¼ cup	½ cup
vegetable stock powder	1 sachet	2 sachets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3306kJ (790Cal)	394kJ (94Cal)
Protein (g)	30.3g	3.6g
Fat, total (g)	20.1g	2.4g
- saturated (g)	3.1g	0.4g
Carbohydrate (g)	116.4g	13.9g
- sugars (g)	46.7g	5.6g
Sodium (mg)	1708mg	204mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** (unpeeled) into 1cm half-moons. Cut the **cauliflower** into small florets. Cut the **parsnip** (unpeeled) into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

TIP: Cut the veggies to size so they cook in time.



Get prepped

While the veggies are roasting, heat a large frying pan over medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Finely chop the **garlic** and **brown onion**. Roughly chop the **salad leaves**. Cut the **lemon** in half. Thinly slice the **herbs**. Drain and rinse the **chickpeas**.



Cook the couscous

In a medium saucepan, add the **water (for the couscous)** and a generous pinch of **salt**. Bring to the boil, then add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water has absorbed, **5 minutes**. Fluff the couscous up with a fork and stir through the **salad leaves**. Set aside.



Start the tagine

When the veggies have **10 minutes** cook time remaining, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **4-5 minutes**. Add the **garlic** and **chermoula spice blend** and cook, stirring, until fragrant, **1-2 minutes**.



Simmer the tagine

While the onion is cooking, combine the **Greek-style yoghurt** and **herbs** in a small bowl, then season with **salt** and **pepper**. Reduce the frying pan to a medium heat, then add the **chickpeas**, **diced dried dates** (see ingredients), **chopped tomatoes**, **water (for the sauce)** and **vegetable stock powder**. Stir to combine and simmer until slightly reduced, **2-3 minutes**. Add the roasted **veggies** and a good squeeze of **lemon juice** to the tagine, then stir to combine. Season to taste.



Serve up

Divide the couscous between bowls. Top with the roast veggie, chickpea and date tagine. Drizzle with the herbed yoghurt. Sprinkle over the toasted almonds.

Enjoy!