



# Roasted Pumpkin & Pearl Couscous Salad

## with Herbed Yoghurt

Grab your Meal Kit with this symbol



Courgette



Red Onion



Peeled & Chopped Pumpkin



Ras El Hanout



Garlic



Parsley



Mint



Slivered Almonds



Pine Nuts



Greek Yoghurt



Pearl Couscous



Vegetable Stock



Spinach & Rocket Mix

Hands-on: **20-30** mins  
 Ready in: **35-45** mins

Low Calorie

Add some North African flair to a pumpkin salad by sprinkling roasted veggies with ras el hanout. This mild and aromatic spice blend famous in Morocco translates to "Top of the Shop", as it's supposed to be the best thing on offer at a spice shop. While we haven't compared every spice blend in Africa, we can safely say that our version adds an unmistakable touch to this easy, flavoursome meal!

### Pantry items

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

## Before you start

Our fruit and veggies need a little wash first!

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	2	4
red onion	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
honey*	1½ tsp	1 tbs
ras el hanout	1 sachet	2 sachets
garlic	1 clove	2 cloves
parsley	1 bunch	1 bunch
mint	1 bunch	1 bunch
vinegar* (white wine or red wine)	2 tsp	4 tsp
slivered almonds	1 packet	2 packets
pine nuts	1 packet	2 packets
Greek yoghurt	1 packet (100g)	2 packets (200g)
pearl couscous	1 packet	2 packets
water*	1 cup	2 cups
vegetable stock	1 sachet	1 sachet
spinach & rocket mix	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2180kJ (520Cal)	360kJ (86Cal)
Protein (g)	17.8g	2.9g
Fat, total (g)	21.1g	3.5g
- saturated (g)	3.0g	0.5g
Carbohydrate (g)	59.5g	9.8g
- sugars (g)	22.5g	3.7g
Sodium (g)	401mg	66mg

## Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



## 1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **courgette** (unpeeled) into 1cm chunks. Cut the **red onion** into 2cm wedges. Place the **peeled & chopped pumpkin, courgette** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, the **honey** and season with a **good pinch** of **salt** and **pepper**. Sprinkle with the **ras el hanout** and toss to coat. Spread in a single layer, then roast until tender, **20-25 minutes**.

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



## 4. Cook the couscous

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and **vegetable stock**. Reduce the heat to medium and simmer, stirring occasionally, until the pearl couscous is tender and the water is absorbed, **10-12 minutes**.



## 2. Get prepped

While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press). Roughly chop the **parsley**. Pick the **mint** leaves and roughly chop. In a large bowl, combine the **vinegar, olive oil (2 tsp for 2 people / 4 tsp for 4 people)** with a **pinch** of **salt** and **pepper**. Set aside.



## 5. Dress the salad

Add the **spinach & rocket mix** and cooked **pearl couscous** to the large bowl with the **dressing** and gently toss to combine.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



## 3. Make the herbed yoghurt

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with **olive oil (2 tsp for 2 people / 4 tsp for 4 people)** and add the **garlic**. Cook, stirring, until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt, parsley, mint** and a **good pinch** of **salt** and **pepper** to the bowl with the **garlic**. Whisk well to combine.

**TIP:** Garlic can burn fast, so keep an eye on it!



## 6. Serve up

Divide the pearl couscous salad between plates and top with the roasted veggies. Serve with the herbed yoghurt and sprinkle with the toasted pine nuts and almonds.

**Enjoy!**