



Spiced Cauliflower & Israeli Couscous Salad

with Roasted Kumara

Grab your Meal Kit with this symbol



Cauliflower



Kumara



Leek



Souk Market Spice Blend



Israeli Couscous



Vegetable Stock Powder



Lemon



Baby Spinach Leaves



Cow's Milk Feta

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



The key to making a killer salad? Having a mixture of flavours and textures, and enough hearty ingredients to ensure you feel satisfied at the end. This one ticks all those boxes to make it the perfect nutritionally balanced meal.

Pantry items

Olive Oil, Butter, Honey

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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
kumara	1 (medium)	1 (large)
leek	1	2
Souk Market spice blend	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
lemon	½	1
honey*	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
cow's milk feta	½ packet (95g)	1 packet (190g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2324kJ (555Cal)	416kJ (99Cal)
Protein (g)	20.9g	3.7g
Fat, total (g)	24.9g	4.5g
- saturated (g)	12.4g	2.2g
Carbohydrate (g)	53.9g	9.6g
- sugars (g)	18.1g	3.2g
Sodium (mg)	1158mg	207mg

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 **220°C/200°C fan-forced**. Boil the kettle.
- Cut **cauliflower** into small florets. Peel and cut **kumara** into bite-sized chunks. Slice **leek** into thick rounds.



Roast the veggies

- Place **cauliflower, kumara, leek, Souk Market spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** on a lined oven tray.
- Toss to combine, spread out evenly, then roast until tender, **20-25 minutes**.
- Remove from oven and set aside to cool slightly.

TIP: If your oven tray is crowded, divide between two trays.



Cook the couscous

- Meanwhile, heat a drizzle of **olive oil** in a large saucepan over medium-high heat. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. 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**. Stir through **vegetable stock powder** and the **butter**. Set aside.



Make the dressing

- When the veggies have **5 minutes** cook time remaining, slice **lemon** into wedges.
- Combine the **honey**, a generous drizzle of **olive oil** and a generous squeeze of **lemon juice** in a large bowl. Set aside.



Toss the salad

- Add **baby spinach leaves, roasted veggies** and the **lemon dressing** to the **couscous**. Toss to combine.



Serve up

- Divide spiced cauliflower and Israeli couscous salad between bowls.
- Crumble **feta** (see ingredients) over salad. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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