



Berberere Creamy Cauliflower Tagine

with Couscous & Spiced Tomatoes

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Vegetable Stock Powder



Couscous



Garlic



Baby Spinach Leaves



Berberere Seasoning



Chopped Tomatoes



Coconut Milk



Roasted Cashews

Hands-on: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

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, roasted cauliflower, a sweetly spiced tomato sauce and a smattering of cashews and you too will think of a tagine as a surprising weeknight staple.

Pantry items

Olive Oil, 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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
carrot	1	2
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
garlic	3 cloves	6 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
Berberé seasoning	1½ sachets	3 sachets
chopped tomatoes	1 tin	2 tins
honey*	1 tsp	2 tsp
coconut milk	1 tin (200ml)	1 tin (400ml)
roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2719kJ (649Cal)	395kJ (94Cal)
Protein (g)	18.4g	2.7g
Fat, total (g)	31.3g	4.5g
- saturated (g)	18g	2.6g
Carbohydrate (g)	70.8g	10.3g
- sugars (g)	26.8g	3.9g
Sodium (mg)	1612mg	234mg

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.



1 Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **carrot** into bite-sized chunks. Place the **cauliflower** and **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.



2 Cook the couscous

While the veggies are roasting, add the **water** and **vegetable stock powder** to a medium saucepan and bring to the boil. 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 is absorbed, **5 minutes**. Fluff up with a fork.



3 Get prepped

While the couscous is cooking, finely chop the **garlic**. Roughly chop the **baby spinach leaves**.



4 Start the tagine

When the veggies have **5 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** and **Berberé seasoning** (see ingredients) until fragrant, **30 seconds**. Add the **chopped tomatoes** and **honey** and cook until the sauce has thickened, **2-3 minutes**.



5 Finish the tagine

Add the **coconut milk** to the sauce and stir to combine. Add the roasted **veggies** and **baby spinach** and cook until just wilted, **1-2 minutes**.



6 Serve up

Roughly chop the **roasted cashews**. Divide the couscous between bowls. Top with the creamy cauliflower and spiced tomato tagine and cashews.

Enjoy!