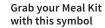


Creamy Middle Eastern Pumpkin Tagine with Couscous & Spiced Tomato Sauce

CLIMATE SUPERSTAR















Flaked Almonds

Couscous





Middle Eastern

Vegetable Stock





Coconut Milk

Baby Spinach



Peeled Pumpkin Pieces

Yoghurt





Tomato Sugo

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins Ready in: 30-40 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, roasted pumpkin, sweetly spiced tomato sauce and a smattering of almonds and you too will think of a tagine as a surprising weeknight staple.

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 frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)	
garlic	4 cloves	8 cloves	
flaked almonds	1 packet	2 packets	
Greek-style yoghurt	1 medium packet	1 large packet	
couscous	1 packet	1 packet	
butter* (for the couscous)	20g	40g	
boiling water*	¾ cup	1½ cups	
Middle Eastern seasoning	1 sachet	2 sachets	
tomato sugo	1 packet (200g)	1 packet (400g)	
vegetable stock powder	1 medium sachet	1 large sachet	
honey*	1 tsp	2 tsp	
coconut milk	1 tin (165ml)	1 tin (400ml)	
baby spinach leaves	1 small bag	1 medium bag	
butter* (for the sauce)	10g	20g	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2967kJ (709Cal)	472kJ (113Cal)
Protein (g)	17.9g	2.8g
Fat, total (g)	39.6g	6.3g
- saturated (g)	23.5g	3.7g
Carbohydrate (g)	70.5g	11.2g
- sugars (g)	20.2g	3.2g
Sodium (mg)	1392mg	221mg

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.



Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- · Cut carrot into bite-sized chunks.
- Place peeled pumpkin pieces and carrot on a lined oven tray. Drizzle with olive oil and season with salt and pepper. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, boil the kettle. Finely chop garlic.
- Heat a large frying pan over medium-high heat.
 Toast flaked almonds, tossing, until golden,
 2-3 minutes. Transfer to a bowl.
- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook 1/2 the garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl, then add Greek-style yoghurt and stir to combine.
 Season to taste.



Cook the couscous

- Place couscous and butter (for the couscous) in a medium heatproof bowl. Add the boiling water (3/4 cup for 2 people / 1 1/2 cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for 5 minutes.
- Fluff up with a fork and set aside.



Start the sauce

- Return the frying pan to medium heat with a drizzle of olive oil. Cook Middle Eastern seasoning and remaining garlic until fragrant, 30 seconds.
- Add tomato sugo, vegetable stock powder, the honey and coconut milk and cook until the sauce has thickened, 2-3 minutes.



Finish the sauce

 Remove pan from the heat, then add roasted veggies, baby spinach leaves and butter (for the sauce). Stir until spinach has just wilted,
 1-2 minutes. Season to taste.



Serve up

- Divide couscous and creamy Middle Eastern pumpkin tagine between bowls.
- Top with garlic yoghurt. Sprinkle over toasted almonds to serve. Enjoy!

