

Creamy Middle Eastern Pumpkin Tagine

with Couscous & Spiced Tomato Sauce

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



- 
 Carrot
- 
 Garlic
- 
 Flaked Almonds
- 
 Couscous
- 
 Middle Eastern Seasoning
- 
 Vegetable Stock Powder
- 
 Coconut Milk
- 
 Baby Spinach Leaves
- 
 Peeled Pumpkin Pieces
- 
 Greek-Style Yoghurt
- 
 Tomato Sugo

 **Recipe Update**

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

	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**.



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**.



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.



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.



Cook the couscous

- Place **couscous** and **butter (for the couscous)** in a medium heatproof bowl. Add the **boiling water** (¾ 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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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