



# Creamy Middle Eastern Cauliflower Tagine

with Couscous & Spiced Tomato Sauce

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Garlic



Flaked Almonds



Couscous



Middle Eastern Seasoning



Vegetable Stock Powder



Coconut Milk



Baby Spinach Leaves



Greek-Style Yoghurt



Tomato Sugo

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 cauliflower, 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
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
carrot	1	2
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
<b>butter*</b> (for the couscous)	20g	40g
<b>boiling water*</b>	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
<b>honey*</b>	1 tsp	2 tsp
coconut milk	1 tin (165ml)	1 tin (400ml)
baby spinach leaves	1 small bag	1 medium bag
<b>butter*</b> (for the sauce)	10g	20g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2955kJ (706Cal)	478kJ (114Cal)
Protein (g)	17.9g	2.9g
Fat, total (g)	39.6g	6.4g
- saturated (g)	23.5g	3.8g
Carbohydrate (g)	69.8g	11.3g
- sugars (g)	19.9g	3.2g
Sodium (mg)	1386mg	224mg

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](https://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 **cauliflower** into small florets. Cut **carrot** into bite-sized chunks.
- Place **cauliflower** 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 and set aside.



## 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.



## 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)**. Cook until spinach has just wilted, **1-2 minutes**. Season to taste.



## Serve up

- Divide couscous and creamy Middle Eastern cauliflower 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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