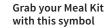


# Creamy Middle Eastern Cauliflower Tagine with Couscous & Spiced Tomato Sauce

CLIMATE SUPERSTAR











Flaked Almonds





Couscous

Seasoning



Vegetable Stock





**Baby Spinach** 



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

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	2 People	4 People	
olive oil*	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	
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	

<sup>\*</sup>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 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 (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). 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!

