

Garlicky Roast Pumpkin & Veggie Pearl Couscous

with Plant-Based Pesto & Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pumpkin



Garlic & Herb Seasoning



Carrot



Brown Onion



Roasted Almonds



Snacking Tomatoes



Pearl Couscous



Vegetable Stock Powder



Baby Spinach Leaves



Plant-Based Basil Pesto



Haloumi

Prep in: 25-35 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant Based

With a slightly sweet and nutty flavour, pumpkin provides a lovely contrast to our rich and savoury garlic and herb seasoning in this delightful dish. The doughy pearl couscous and bright basil pesto also up the ante.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
garlic & herb seasoning	1 medium sachet	1 large sachet
carrot	1	2
brown onion	1	2
roasted almonds	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
pearl couscous	1 medium packet	2 medium packets
water*	1 ¾ cups	3 ½ cups
vegetable stock powder	1 large sachet	2 large sachets
baby spinach leaves	1 small bag	1 medium bag
plant-based basil pesto	1 medium packet	2 medium packets
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2956kJ (707Cal)	438kJ (105Cal)
Protein (g)	21.7g	3.2g
Fat, total (g)	28.6g	4.2g
- saturated (g)	2.8g	0.4g
Carbohydrate (g)	88.7g	13.1g
- sugars (g)	30.4g	4.5g
Sodium (mg)	1383mg	205mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4108kJ (982Cal)	537kJ (128Cal)
Protein (g)	38.8g	5.1g
Fat, total (g)	51.4g	6.7g
- saturated (g)	17.2g	2.2g
Carbohydrate (g)	89.9g	11.8g
- sugars (g)	31.4g	4.1g
Sodium (mg)	2418mg	316mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Roast the pumpkin

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **pumpkin** into thin wedges.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin, if you prefer!



Cook the pearl couscous

- To the pan with the **caramelised onion**, add a drizzle of **olive oil** and **pearl couscous**.
- Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Add the **water** and **vegetable stock powder**. Bring to the boil, then simmer, uncovered, until couscous is tender and water is absorbed, **10-12 minutes**.

Custom Recipe: While the couscous is simmering, drain haloumi and pat dry. When the couscous has 5 minutes cook time remaining, heat a drizzle of olive oil in a large frying pan over medium-high heat. Cook haloumi, until golden brown, 1-2 minutes each side. Remove pan from heat.



Roast the veggies

- Meanwhile, thickly slice **carrot** into rounds.
- Thinly slice **brown onion**.
- Roughly chop **roasted almonds**.
- Place **snacking tomatoes** and **carrot** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tomatoes are blistered, **15-20 minutes**.

Custom Recipe: If you've added haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water. Set aside.



Bring it all together

- When the couscous is ready, add roasted **tomatoes, carrot** and **baby spinach leaves** to the pan.
- Stir to combine and season to taste.



Caramelise the onion

- While the veggies are roasting, heat a drizzle of **olive oil** in a medium saucepan over medium-high heat.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, the **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**.



Serve up

- Divide veggie pearl couscous between bowls. Top with garlicky roast pumpkin.
- Drizzle with **plant-based basil pesto** and sprinkle with chopped almonds to serve. Enjoy!

Custom Recipe: Top the couscous with the haloumi to serve.

Rate your recipe

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