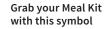


Garlicky Roast Pumpkin & Veggie Pearl Couscous

with Plant-Based Pesto & Almonds

CLIMATE SUPERSTAR









Carrot

Brown Onion





Roasted Almonds

Snacking Tomatoes





Pearl Couscous

Powder



Baby Spinach



Leaves

Basil Pesto





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.



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 \cdot Medium saucepan

Ingredients

9			
	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!



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.



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.



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.



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.



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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