



Autumnal Roast Pumpkin & Greens Couscous

with Mustard Cider Dressing & Fetta Yoghurt

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Greek-Style Yoghurt



Fetta Cubes



Couscous



Vegetable Stock Powder



Trimmed Green Beans



Spinach & Rocket Mix



Mustard Cider Dressing



Flaked Almonds

Prep in: 10 mins
Ready in: 30 mins

Jump into Autumn with this delightful dish, where roast pumpkin meets leafy greens and fluffy couscous. All complimented by a mustard cider dressing and a dollop of creamy fetta yoghurt.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People
olive oil*	refer to method
peeled & chopped pumpkin	1 medium packet
garlic & herb seasoning	1 medium sachet
Greek-style yoghurt	1 medium packet
fetta cubes	1 large packet
couscous	1 medium packet
vegetable stock powder	1 medium sachet
butter*	20g
boiling water*	¾ cup
trimmed green beans	1 medium packet
spinach & rocket mix	1 medium packet
mustard cider dressing	1 packet
flaked almonds	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2374kJ (567Cal)	520kJ (124Cal)
Protein (g)	20.4g	4.5g
Fat, total (g)	26.4g	5.8g
- saturated (g)	11.4g	2.5g
Carbohydrate (g)	60.3g	13.2g
- sugars (g)	19.3g	4.2g
Sodium (mg)	1513mg	331mg
Dietary Fibre (g)	9.9g	2.2g

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



1



Roast the pumpkin

- Preheat oven to **240°C/220°C fan forced**.
- Place **peeled & chopped pumpkin** on a lined oven tray. Sprinkle with **garlic & herb seasoning**, drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**. Allow **pumpkin** to cool slightly.

3



Toss the salad

- While the couscous is cooking, add **trimmed green beans** and a splash of **water** to a medium microwave-proof bowl, then cover with a damp paper towel.
- Microwave **green beans** on high until just tender, **2-4 minutes**.
- Drain **green beans**.
- To bowl with couscous, add **spinach & rocket mix**, **green beans** and **mustard cider dressing**. Toss to combine and season to taste.

2



Get prepped & cook the couscous

- Meanwhile, to a small bowl, add **Greek-style yoghurt** and crumble in **fetta cubes**. Stir to combine and season to taste.
- Boil the kettle.
- When pumpkin has **10 minutes** remaining, in a large heatproof bowl, place **couscous**, **vegetable stock powder** and the **butter**.
- Add the **boiling water** and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with fork and set aside.

4



Serve up

- Divide supergreen couscous salad between bowls.
- Top with roast pumpkin, feta yoghurt and **flaked almonds** to serve. Enjoy!

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