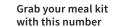


Rustic Roasted Veg & Pearl Couscous with Kale, Marinated Goat Cheese & Almonds

CLIMATE SUPERSTAR









Brown Onion



Carrot & Zucchini

Seasoning



Pearl Couscous



Vegetable Stock



Powder





Marinated Goat Cheese

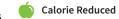
Flaked Almonds







Prep in: 15-25 mins Ready in: 30-40 mins



It's easy to get your veg in when you roast them with our garlic and herb seasoning... and even easier when they're teamed with delightfully doughy, perfectly dressed pearl couscous, not to mention the MVP: marinated goat cheese for creaminess and tang.



Olive Oil, Balsamic Vinegar, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Oven tray lined with baking paper · Medium saucepan

Ingredients

| 9 | | | |
|----------------------------|-----------------|-----------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| tomato | 1 | 2 | |
| brown onion | 1/2 | 1 | |
| carrot & zucchini mix | 1 medium packet | 1 large packet | |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet | |
| kale | ½ medium packet | 1 medium packet | |
| pearl couscous | 1 packet | 2 packets | |
| water* | 1¾ cups | 3½ cups | |
| vegetable stock powder | 1 medium sachet | 1 large sachet | |
| parsley | 1 packet | 1 packet | |
| marinated goat cheese | 1 packet | 2 packets | |
| balsamic vinegar* | 1 tsp | 2 tsp | |
| honey* | 1 tsp | 2 tsp | |
| flaked almonds | 1 medium packet | 1 large packet | |
| *Pantry Items | | | |

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2204kJ (527Cal) | 515kJ (123Cal) |
| Protein (g) | 20.1g | 4.7g |
| Fat, total (g) | 18.9g | 4.4g |
| - saturated (g) | 6.7g | 1.6g |
| Carbohydrate (g) | 66.5g | 15.5g |
| - sugars (g) | 15.1g | 3.5g |
| Sodium (mg) | 1265mg | 295mg |
| Dietary Fibre (g) | 9.9g | 2.3g |

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut tomato and brown onion (see ingredients) into thick wedges.
- Place tomato, onion and carrot & zucchini mix on a lined oven tray. Drizzle
 with olive oil, sprinkle with garlic & herb seasoning and toss to coat. Roast
 until almost tender, 15-20 minutes.
- Meanwhile, roughly tear kale leaves (see ingredients), then discard the stems.
- When the veggies are almost tender, add kale and a pinch of salt to the tray.
 Gently toss to combine. Roast until tender, a further 5-8 minutes.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Get prepped

- Meanwhile, roughly chop parsley.
- In a small bowl, add a generous drizzle of oil from the marinated goat cheese. Add the balsamic vinegar and honey. Whisk with a fork to combine. Season to taste.
- Stir the **dressing** through the cooked **couscous**. Season to taste.



Cook the couscous

- Meanwhile, in a medium saucepan, heat a drizzle of olive oil over medium-high heat. 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.



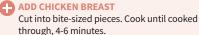
Serve up

- Divide roast veggies and pearl couscous between plates.
- · Top with crumbled goat cheese.
- Garnish with **flaked almonds** and parsley to serve. Enjoy!











If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

