



Rustic Roasted Veg & Pearl Couscous

with Kale, Marinated Goat Cheese & Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Tomato



Brown Onion



Carrot & Zucchini Mix



Garlic & Herb Seasoning



Kale



Pearl Couscous



Vegetable Stock Powder



Parsley



Marinated Goat Cheese



Flaked Almonds



Chicken Breast



Salmon

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

Calorie Reduced

Eat Me First

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.

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
brown onion	½	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.

1



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.

3



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.

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD SALMON

Cook salmon 2-4 minutes each side, skin-side down first.

2



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**.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



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

