



# 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



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
<b>olive oil*</b>	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
<b>water*</b>	1¾ cups	3½ cups
<b>salt*</b>	¼ tsp	½ tsp
parsley	1 packet	1 packet
marinated goat cheese	1 packet	2 packets
<b>balsamic vinegar*</b>	1 tsp	2 tsp
<b>honey*</b>	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](https://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 the **salt**. Bring to the boil, then simmer, uncovered, until couscous is tender and water is absorbed, **10-12 minutes**.



## Serve up

- Divide pearl couscous between bowls and top with roast veggies and kale.
- Crumble over 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 | CW31



### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

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

#### + ADD SALMON

In a large frying pan, cook with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

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

