



Chermoula Pumpkin & Rainbow Veg Couscous

with Chimichurri & Plant-Based Smokey Aioli

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Pumpkin



Chermoula Spice Blend



Capsicum



Beetroot



Red Onion



Garlic & Herb Seasoning



Couscous



Baby Spinach Leaves



Chimichurri Sauce



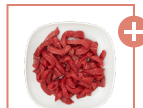
Plant-Based Smokey Aioli



Flaked Almonds



Haloumi



Beef Strips

Prep in: 20-30 mins
Ready in: 35-45 mins

Plant Based

Naturally sweet roasted pumpkin works a treat with the paprika, cumin, turmeric and pepper in our chermoula spice blend. It's even better with the roast veggie-loaded couscous - complete with crunchy flaked almonds, a dollop of herby chimichurri and a dollop of smokey aioli, which you'd never know is plant-based!

Pantry items

Olive Oil, White Wine Vinegar

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

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
chermoula spice blend	1 medium sachet	1 large sachet
capsicum	1	2
beetroot	1	2
red onion	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
boiling water*	¾ cup	1½ cups
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
chimichurri sauce	1 medium packet	1 large packet
plant-based smokey aioli	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2954kJ (706cal)	207kJ (50cal)
Protein (g)	20.3g	1.4g
Fat, total (g)	32.7g	2.3g
- saturated (g)	2.9g	0.2g
Carbohydrate (g)	81.3g	5.7g
- sugars (g)	37.2g	2.6g
Sodium (mg)	1599mg	112.2mg
Dietary Fibre (g)	21.1g	1.5g

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

2024 | CW36



1



Prep the pumpkin

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **pumpkin** into thin wedges.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **chermoula spice blend** and season with **salt** and **pepper**. Toss to coat.

TIP: Peel the pumpkin, if you prefer!

4



Cook the couscous

- When the veggies have **5 minutes** remaining, boil the kettle.
- In a large heatproof bowl, combine **couscous** and the **salt**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people). Stir to combine.
- Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with a fork.

CUSTOM OPTIONS

+ ADD HALOUMI

Cut into bite-sized chunks. Heat a frying pan with a drizzle of olive oil over medium-high heat and cook, until browned, 3-4 minutes.

2



Prep the veggies

- Cut **capsicum** into bite-sized chunks.
- Cut **beetroot** into 1cm chunks.
- Cut **red onion** into thick wedges.
- Place **capsicum**, **beetroot** and **onion** on a second lined oven tray.
- Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.

5



Finish the couscous

- When the couscous is ready, add **baby spinach leaves**, **roasted capsicum**, **beetroot** and **onion** to the bowl.
- Drizzle with **white wine vinegar** and **olive oil**. Gently toss to combine. Season to taste.

+ ADD BEEF STRIPS

Heat a frying pan with a drizzle of olive oil over high heat and cook, tossing, until browned, 1-2 minutes.

3



Roast the veggies

- Roast **pumpkin** and **veggies** until tender, **20-25 minutes**.

6



Serve up

- Divide rainbow veg couscous between bowls. Top with chermoula pumpkin.
- Drizzle over **chimichurri sauce**.
- Dollop over **plant-based smokey aioli**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

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

