



Nourishing Cauliflower Pearl Couscous Bowl

with Basil Pesto & Herby Mayo

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Potato



Brown Onion



Cauliflower



Garlic & Herb Seasoning



Pearl Couscous



Spinach & Rocket Mix



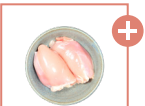
Basil Pesto



Flaked Almonds



Dill & Parsley Mayonnaise



Chicken Thigh



Mild Chorizo

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

Couscous – the grain so nice they named it twice! Here we've added our favourite grain to work its magic in another delish bowl, paired with herby veggies and a dill-parsley sauce. You'll be at the bottom of the bowl in no time.

Pantry items

Olive Oil

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 · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
brown onion	½	1
cauliflower	1 large portion	2 large portions
garlic & herb seasoning	1 medium sachet	1 large sachet
pearl couscous	1 packet	2 packets
salt*	¼ tsp	½ tsp
spinach & rocket mix	1 medium packet	2 medium packets
basil pesto	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3221kJ (770cal)	291kJ (69cal)
Protein (g)	21.4g	1.9g
Fat, total (g)	39.9g	3.6g
- saturated (g)	3.8g	0.3g
Carbohydrate (g)	79.2g	7.1g
- sugars (g)	16.8g	1.5g
Sodium (mg)	1139mg	102.8mg
Dietary Fibre (g)	13.5g	1.2g

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.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Boil the kettle.
- Cut **potato** into bite-sized chunks.
- Slice **brown onion (see ingredients)** into wedges.
- Cut **cauliflower** into small florets.



Roast the veggies

- Place **potato, cauliflower** and **onion** on a lined oven tray.
- Sprinkle with **garlic & herb seasoning**, drizzle generously with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- Remove **veggies** from oven and set aside to cool slightly.

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



Make the couscous

- Meanwhile, heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with boiling water. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.



Flavour the couscous

- Drain **couscous** and return to the pan with the **salt** and a drizzle of **olive oil**. Stir to combine.



Toss the salad

- In a large bowl, combine **spinach & rocket mix, roasted veggies, couscous** and **basil pesto**.
- Season to taste with **salt** and **pepper**.

TIP: Add the salad and roasted veggies to the couscous saucepan and toss everything together to save on washing up!



Serve up

- Divide herby nourishing cauliflower pearl couscous between bowls.
- Sprinkle with **flaked almonds** and drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook in a frying pan, until cooked through, 4-6 minutes. Toss with salad.



ADD MILD CHORIZO

Roughly chop. Cook in a frying pan, until golden, 7-8 minutes. Toss with salad.

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

