

Roast Beetroot & Chermoula Couscous Salad

with Harissa Yoghurt & Goat Cheese

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Beetroot



Carrot



Garlic



Lemon



Chermoula Spice Blend



Couscous



Harissa Paste



Greek-Style Yoghurt



Spinach & Rocket Mix



Flaked Almonds



Marinated Goat Cheese



Chicken Thigh



Chicken Breast

Prep in: 20-30 mins
Ready in: 40-50 mins

 Calorie Smart

We're in our light and bright era so only a salad will do! Tonight, roasted beetroot meets a chermoula-spiced carrot couscous for the duo of a lifetime. With the stellar additions of goat cheese and harissa yoghurt, this one will get the tick of approval just after one bite!

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 · Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	2	4
carrot	1	2
garlic	2 cloves	4 cloves
lemon	½	1
chermoula spice blend	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
harissa paste	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
flaked almonds	1 medium packet	1 large packet
marinated goat cheese	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2427kJ (580cal)	301kJ (72cal)
Protein (g)	21.8g	2.7g
Fat, total (g)	24.1g	3g
- saturated (g)	9.3g	1.2g
Carbohydrate (g)	65.6g	8.1g
- sugars (g)	28.9g	3.6g
Sodium (mg)	1242mg	153.9mg
Dietary Fibre (g)	15.7g	1.9g

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

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Roast the beetroot

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **beetroot** into thin wedges.
- Place **beetroot** on a lined oven tray.
- Drizzle with **olive oil** and season with **salt**. Toss to coat. Roast until tender, **30-35 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Make the harissa yoghurt

- In a small bowl, combine **harissa paste**, **Greek-style yoghurt** and a splash of water. Season to taste with **salt** and **pepper**.



Get prepped

- Meanwhile, grate **carrot**.
- Finely chop **garlic**.
- Slice **lemon** into wedges.



Toss the couscous

- Once couscous is done, add **spinach & rocket mix**, **flaked almonds**, a squeeze of **lemon juice** and some **marinated goat cheese oil** (1 tbs for 2 people / 2 tbs for 4 people). Toss to combine.



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add **carrot** and cook, stirring, until softened, **2-3 minutes**. Add **garlic** and **chermoula spice blend** and cook until fragrant, **1 minute**.
- Add the **water** and bring to the boil. Add **couscous**, stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.



Serve up

- Divide chermoula couscous salad between bowls. Top with roasted beetroot.
- Drizzle over harissa yoghurt.
- Crumble over goat cheese.
- Serve with any remaining lemon wedges. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN THIGH

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



ADD CHICKEN BREAST

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

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

