

Garlicky Pumpkin & Veggie Couscous

with Plant-Based Pesto & Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Recipe Update
 We've replaced the pearl couscous in this recipe with couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Pumpkin



Garlic & Herb Seasoning



Brown Onion



Cauliflower



Walnuts



Snacking Tomatoes



Couscous



Vegetable Stock Pot



Plant-Based Basil Pesto



Haloumi



Chicken Breast

Prep in: 25-35 mins
 Ready in: 30-40 mins

Plant Based

With a slightly sweet and nutty flavour, pumpkin provides a lovely contrast to our rich and savoury garlic and herb seasoning in this delightful dish. The fluffy couscous and bright plant-based basil pesto also up the ante.

Pantry items

Olive Oil, Balsamic 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 · Medium saucepan

Ingredients

| | 2 People | 4 People |
|--------------------------|------------------|------------------|
| olive oil* | refer to method | refer to method |
| pumpkin | 1 medium | 1 large |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| brown onion | 1 | 2 |
| cauliflower | 1 medium portion | 1 large portion |
| walnuts | 1 medium packet | 1 large packet |
| snacking tomatoes | 1 packet | 2 packets |
| couscous | 1 medium packet | 1 large packet |
| water* | ¾ cup | 1 ½ cups |
| vegetable stock pot | 1 packet | 2 packets |
| balsamic vinegar* | 1 tbs | 2 tbs |
| plant-based basil pesto | 1 medium packet | 2 medium packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2887kJ (690cal) | 211kJ (51cal) |
| Protein (g) | 21.4g | 1.6g |
| Fat, total (g) | 28.6g | 2.1g |
| - saturated (g) | 2.8g | 0.2g |
| Carbohydrate (g) | 84.7g | 6.2g |
| - sugars (g) | 27g | 2g |
| Sodium (mg) | 1368mg | 100.1mg |
| Dietary Fibre (g) | 13.4g | 1g |

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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1 Roast the pumpkin

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **pumpkin** into thin wedges.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin, if you prefer!



2 Prep the veggies

- Meanwhile, thinly slice **brown onion**.
- Cut **cauliflower** (including the stalk!) into small florets.
- Roughly chop **walnuts**. Set aside.



3 Roast the veggies

- Place **snacking tomatoes, onion** and **cauliflower** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



4 Cook the couscous

- In a medium saucepan, combine the **water** and **vegetable stock pot** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.



5 Bring it all together

- When the couscous is ready, add **roasted tomatoes, cauliflower, onion** and a drizzle of **balsamic vinegar** to the pan.
- Toss to coat and season to taste.



6 Serve up

- Divide veggie couscous between bowls.
- Top with garlicky pumpkin.
- Drizzle with **plant-based basil pesto** and sprinkle with chopped walnuts to serve. Enjoy!

CUSTOM OPTIONS

+ ADD HALOUMI

Cut into bite-sized chunks. Cook until browned, 3-4 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.

