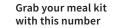


Garlicky Pumpkin & Veggie Couscous with Plant-Based Pesto & Almonds

CLIMATE SUPERSTAR









Seasoning





Brown Onion

Cauliflower







Walnuts

Snacking Tomatoes





Couscous

Vegetable Stock



Plant-Based **Basil Pesto**





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!

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



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

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.



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!



Prep the veggies

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



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.



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.



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.



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!





