

Dutch Carrots & Couscous Salad

with Fetta Yoghurt & Golden Dressing

SUMMER SALADS

NEW

Grab your meal kit with this number

17



Dutch Carrots



Chermoula Spice Blend



Couscous



Red Radish



Garlic



Greek-Style Yoghurt



Fetta Cubes



Spinach & Rocket Mix



Golden Goddess Dressing



Flaked Almonds



Haloumi



Chicken Tenderloins

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

Calorie Smart

This bountiful bowl comes loaded with delicious couscous, tender Dutch carrots, Greek-style feta yoghurt and crunchy flaked almonds. You've got texture, flavour and crunch in every bite!

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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 a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Dutch carrots	1 bunch	2 bunches
chermoula spice blend	½ large sachet	1 large sachet
honey*	1 tsp	2 tsp
water*	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
red radish	2	4
garlic	1 clove	2 cloves
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
golden goddess dressing	1 packet	2 packets
vinegar* (white wine or balsamic)	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2045kJ (708cal)	708kJ (245cal)
Protein (g)	16g	5.5g
Fat, total (g)	19g	6.6g
- saturated (g)	4.5g	1.6g
Carbohydrate (g)	61.7g	21.3g
- sugars (g)	12.8g	4.4g
Sodium (mg)	843mg	291.7mg
Dietary Fibre (g)	7.6g	2.6g

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.

1



Roast the carrot

- Preheat oven to **220°C/200°C fan-forced**.
- Trim green tops from **Dutch carrots** and scrub **carrots** clean.
- Place **carrots** on a lined oven tray. Sprinkle with **chermoula spice blend (see ingredients)**, drizzle with **olive oil** and toss to coat.
- Roast until golden and tender, **20-25 minutes**.
- Once roasted, remove tray from the oven, drizzle over the **honey** and toss to coat.

4



Make garlic fetta yoghurt

- To a small microwave-safe bowl, add the **garlic** and a drizzle of **olive oil**. Microwave in **10 second** bursts until fragrant.
- Add **Greek-style yoghurt** and **fetta cubes** to garlic oil mixture and mash. Season to taste.

2



Cook the couscous

- Meanwhile, in a medium saucepan, add the **water** 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 a fork.

5



Toss the salad

- Just before serving, in a large bowl, combine **couscous, radish, spinach & rocket mix, golden goddess dressing** and a drizzle of **vinegar** and **olive oil**. Season to taste.

3



Get prepped

- While the couscous is cooking, thinly slice **red radish**.
- Finely chop **garlic**.

6



Finish & serve

- Divide couscous salad between bowls.
- Top with Dutch carrots and fetta yoghurt.
- Garnish with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



CUSTOM OPTIONS



ADD HALOUMI

Cut into 1cm-thick slices. In a frying pan, cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.



ADD CHICKEN TENDERLOINS

In a large frying pan, cook until cooked through, 3-4 minutes each side.

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

