



Chermoula Pumpkin & Nutty Couscous Salad

with Plant-Based Chimichurri Aioli

Grab your Meal Kit with this symbol



Beetroot



Zucchini



Red Onion



Peeled & Chopped Pumpkin



Chermoula Spice Blend



Garlic & Herb Seasoning



Plant-Based Aioli



Chimichurri Sauce



Couscous



Vegetable Stock Powder



Salad Leaves



Flaked Almonds

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Plant based

Naturally sweet roasted pumpkin works a treat with the paprika, cumin, turmeric and pepper in our chermoula spice blend. It's even better with the roast veggie-loaded couscous salad, complete with crunchy flaked almonds and a drizzle of creamy and herby aioli.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
zucchini	1	2
red onion	1	2
peeled & chopped pumpkin	1 medium bag	1 large bag
chermoula spice blend	1 sachet	2 sachets
garlic & herb seasoning	1 sachet	2 sachets
plant-based aioli	1 medium packet	1 large packet
chimichurri sauce	1 medium packet	1 large packet
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2923kJ (699Cal)	451kJ (108Cal)
Protein (g)	17g	2.6g
Fat, total (g)	34.3g	5.3g
- saturated (g)	2.8g	0.4g
Carbohydrate (g)	76.5g	11.8g
- sugars (g)	25.5g	11.8g
Sodium (mg)	1399mg	216mg

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.



Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **beetroot** into small chunks. Slice the **zucchini** into thick half-moons. Slice the **red onion** into wedges. Place the **beetroot, zucchini and onion** on a lined oven tray. Place the **peeled & chopped pumpkin** on a second lined oven tray.



Cook the couscous

When the veggies have **5 minutes** cook time remaining, boil the kettle. In a large bowl, add the **couscous** and **vegetable stock powder**. Add the **boiling water** (¾ cup for 2 people / 1 1/2 cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork.



Roast the veggies

To the tray with the **pumpkin**, add a drizzle of **olive oil**, sprinkle with the **chermoula spice blend** and season with **salt** and **pepper**. Toss to coat. To the tray with the **veggies**, add a drizzle of **olive oil**, sprinkle with the **garlic & herb seasoning** and season with **salt**. Toss to coat. Roast until tender, **20-25 minutes**.

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



Bring it all together

To the bowl with the **couscous**, add the **salad leaves** and roast **beetroot, zucchini and onion**. Drizzle with **white wine vinegar** and **olive oil**. Gently toss to combine. Season to taste.



Prep the chimichurri aioli

In a small bowl, combine the **plant-based aioli, chimichurri sauce** and a splash of **water**. Season to taste and set aside.



Serve up

Divide the couscous salad between plates. Top with the chermoula pumpkin. Drizzle over the chimichurri aioli. Sprinkle with the **flaked almonds** to serve.

Enjoy!

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