

Dukkah Cauliflower & Pearl Couscous Salad

with Roast Veggies & Garlic Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Dukkah



Sweet Potato



Beetroot



Red Onion



Garlic



Greek Yoghurt



Pearl Couscous



Vegetable Stock



Tomato



Roasted Almonds



Mint



Baby Spinach Leaves

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

 Calorie Smart

This delightful dish is a celebration of wholesome roasted veggies with pearl couscous and fragrant mint. Add dukkah and roasted almonds for extra flavour and crunch, then top it off with a drizzle of garlicky yoghurt.

Pantry items

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

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
Large frying pan

Ingredients

| | 2 People | 4 People |
|-----------------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| cauliflower | 1 portion | 2 portions |
| dukkah | 1 sachet | 2 sachets |
| sweet potato | 1 | 2 |
| beetroot | 1 | 2 |
| red onion | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| Greek yoghurt | 1 packet (100g) | 2 packets (200g) |
| pearl couscous | 1 packet | 2 packets |
| water* | 1¼ cups | 2½ cups |
| vegetable stock | 1 cube | 2 cubes |
| tomato | 1 | 2 |
| roasted almonds | 1 packet | 2 packets |
| mint | 1 bunch | 1 bunch |
| vinegar* (white wine or red wine) | 1 tbs | 2 tbs |
| honey* | ½ tbs | 1 tbs |
| baby spinach leaves | 1 bag (60g) | 1 bag (120g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2718kJ (649Cal) | 374kJ (89Cal) |
| Protein (g) | 23.7g | 3.3g |
| Fat, total (g) | 22.4g | 3.1g |
| - saturated (g) | 3.6g | 0.5g |
| Carbohydrate (g) | 80g | 11g |
| - sugars (g) | 34.8g | 4.8g |
| Sodium (mg) | 1128mg | 155mg |

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Chop the **cauliflower** into small florets and roughly chop the stem. Place the **cauliflower** and a drizzle of **olive oil** on an oven tray lined with baking paper and toss to coat. Cut the **sweet potato** (unpeeled) into 2cm chunks. Cut the **beetroot** (unpeeled) into 1cm chunks. Cut the **red onion** into 2cm wedges.

TIP: Cut the veggies to size so they cook in time.



Roast the veggies

Place the **sweet potato**, **beetroot** and **onion** on a second oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast both trays until tender, **25-30 minutes**. In the last 10 minutes of cook time, sprinkle the **dukkah** over the **cauliflower** and roast until toasted. Set aside to cool.

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



Make the garlic yoghurt

While the veggies are roasting, finely chop the **garlic**. In a large frying pan, heat a drizzle of **olive oil** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt** to the **garlic oil mixture** and whisk to combine. Season to taste.



Prepare the couscous

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**.



Finish the salad

While the couscous is cooking, roughly chop the **tomato** and **roasted almonds**. Pick and thinly slice the **mint** leaves. In a large bowl, combine **olive oil** (2 tsp for 2 people / 1 tbs for 4 people), **vinegar**, and **honey**. Season with **salt** and **pepper**. Add the **pearl couscous**, **tomato**, **mint**, **roasted sweet potato**, **beetroot** and **red onion**, and the **baby spinach leaves**. Toss to combine.



Finish and serve

Divide the pearl couscous salad between plates and top with the dukkah cauliflower. Sprinkle with any dukkah remaining on the oven tray. Spoon over the garlic yoghurt and sprinkle with the roasted almonds.

Enjoy!