



HARISSA VEGGIES & DUKKAH CHICKPEAS

with Mint Couscous



Cook a roast veggie traybake



Cauliflower



Carrot



Red Onion



Lemon



Harissa Paste



Chermoula Spice Blend



Chickpeas



Dukkah



Garlic



Mint



Greek Yoghurt



Vegetable Stock



Couscous



Baby Spinach Leaves

Hands-on: 35 mins
Ready in: 40 mins

Go big or go home! That was our philosophy with the bold flavours in this veggie sensation. There's harissa and chermoula infused roast vegetables, plus dukkah chickpeas and a lightly seasoned couscous and it's all brought together with a cooling mint yoghurt. Go big with us, you'll be glad you did.

Pantry Staples: Olive Oil, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **two oven trays** lined with **baking paper** • **medium saucepan** with a **lid**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into 2cm florets. Cut the **carrot** (unpeeled) into 1cm batons. Cut the **red onion** into 1cm wedges.
 🌱 **TIP:** Be sure to cut the veggies to the correct size so they cook in the allocated time. Slice the **lemon** into wedges.



2 ROAST THE VEGGIES

In a large bowl, combine the **harissa paste**, **chermoula spice blend**, **honey** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Season with **salt** and **pepper** and mix well. Add the **cauliflower**, **carrot** and **red onion** and toss to coat. Spread the spiced veggies over an oven tray lined with baking paper and roast for **25-30 minutes** or until tender.
 🌱 **TIP:** Don't worry if the veggies char slightly, this will add to the flavour!



3 BAKE THE DUKKAH CHICKPEAS

While the veggies are roasting, drain and rinse the **chickpeas** and pat dry using paper towel or a clean tea towel.
 🌱 **TIP:** Patting the chickpeas dry helps them crisp up in the oven! In the same bowl you tossed the veggies, combine the **dukkah** and a **good drizzle of olive oil**. Add the chickpeas, toss to coat and spread over the second oven tray lined with baking paper. Bake for **20-25 minutes** or until golden.



4 MAKE THE MINT YOGHURT

Finely chop the **garlic** (or use a garlic press). Pick and finely slice the **mint** leaves. In a medium saucepan, heat a **drizzle of olive oil** over a medium heat. Add the garlic and cook for **30 seconds** or until fragrant. Pour the cooked garlic and oil from the pan into a small bowl. Add the **Greek yoghurt**, a **squeeze of lemon** and **1/2 the mint leaves** and season with a **pinch of salt** and **pepper**. Mix well.



5 MAKE THE COUSCOUS

In the same medium saucepan, bring the **water (see ingredient list)**, and crumbled **vegetable stock (1/2 cube for 2 people / 1 cube for 4 people)** to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside for **5 minutes**, or until all the water is absorbed. Fluff up with a fork. Add the **remaining mint** and gently stir to combine. In a large bowl, place the **roasted veggies**, **baby spinach leaves** and **dukkah chickpeas** and gently toss to coat.
 🌱 **TIP:** Allow the veggies to cool before tossing to stop the spinach wilting.



6 SERVE UP

Divide the mint couscous and harissa veggies and dukkah chickpeas between plates. Serve with the mint yoghurt and remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
carrot	2	4
red onion	1	2
lemon	1	1
harissa paste	1 sachet	2 sachets
chermoula spice blend	1 sachet	2 sachets
honey*	2 tsp	1 tbs
chickpeas	1 tin	2 tins
dukkah	1 sachet	2 sachets
garlic	1 clove	2 cloves
mint	1 bunch	1 bunch
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
water*	1 cup	2 cups
vegetable stock	1/2 cube	1 cube
couscous	1 packet	2 packets
baby spinach leaves	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2880kJ (688Cal)	354kJ (85Cal)
Protein (g)	28.8g	3.5g
Fat, total (g)	19.6g	2.4g
- saturated (g)	3.5g	0.4g
Carbohydrate (g)	86.9g	10.7g
- sugars (g)	27.1g	3.3g
Sodium (g)	1210mg	149mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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