



Herby Roasted Veg & Pearl Couscous

with Kale, Marinated Goat Cheese & Almonds

Grab your Meal Kit with this symbol



Tomato



Garlic & Herb Seasoning



Kale



Pearl Couscous



Vegetable Stock Powder



Parsley



Flaked Almonds

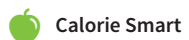


Carrot & Zucchini Mix



Marinated Goat Cheese

Prep in: 15-25 mins
Ready in: 30-40 mins



It's easy to get your veg in when you roast them with our garlic and herb seasoning... and even easier when they're teamed with delightfully doughy, perfectly dressed pearl couscous, not to mention the MVP: marinated goat cheese for creaminess and tang.

Pantry items

Olive Oil, Balsamic Vinegar, 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

Oven tray lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
carrot & zucchini mix	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	1 large sachet
kale	½ bag	1 bag
pearl couscous	1 medium packet	1 large packet
water*	1¾ cups	3½ cups
vegetable stock powder	1 medium sachet	1 large sachet
parsley	1 bag	1 bag
marinated goat cheese	1 packet	2 packets
balsamic vinegar*	1 tsp	2 tsp
honey*	1 tsp	2 tsp
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2298kJ (549Cal)	584kJ (140Cal)
Protein (g)	20.8g	5.3g
Fat, total (g)	21.4g	5.4g
- saturated (g)	8g	2g
Carbohydrate (g)	65.4g	16.6g
- sugars (g)	12.7g	3.2g
Sodium (mg)	1344mg	342mg

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 veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **tomato** into thick wedges.
- Place **tomato** and **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and toss to coat. Roast until almost tender, **15-20 minutes**.
- Meanwhile, roughly tear **kale** leaves (see ingredients), then discard stems.
- When the **veggies** are almost tender, add **kale** and a pinch of **salt** to the tray. Gently toss to combine. Roast until tender, a further **5-8 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Prep the garnish & dress the couscous

- Meanwhile, roughly chop **parsley** leaves.
- In a small bowl, add a generous drizzle of **oil** from the **marinated goat cheese**. Add the **balsamic vinegar** and the **honey**. Whisk with a fork to combine. Season to taste.
- Stir the **dressing** through the cooked **couscous**. Season to taste.

2



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Add the **water** and **vegetable stock powder**. Bring to the boil, then simmer, uncovered, until couscous is tender and water is absorbed, **10-12 minutes**.

4



Serve up

- Divide herby roast veg and pearl couscous between plates. Top with crumbled goat cheese.
- Garnish with **flaked almonds** and parsley to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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