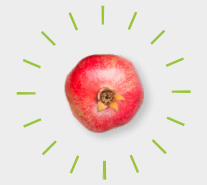




# JEWELLED CHICKPEA COUSCOUS BOWL

with Chermoula Spiced Roasted Veggies



Remove pomegranate seeds the easy way



Carrot



Butternut Pumpkin



Chermoula Spice Blend



Chickpeas



Pearl Couscous



Vegetable Stock



Cucumber



Mint



Pomegranate



Fetta



Greek Yoghurt

Hands-on: 20 mins  
Ready in: 30 mins

Low calorie

Sit down to a bowl of rich delights with this jewelled couscous feast. With an assortment of colourful veggies and fruit, plus tender pearl couscous and creamy fetta, you'll want to stage a heist to get your seconds!

**Pantry Staples:** Olive Oil, White Wine Vinegar

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan**



### 1 ROAST THE CHERMOULA VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** (unpeeled) into 1cm chunks. Peel the **butternut pumpkin** (see ingredients list) and cut into 2cm chunks. **TIP:** *Keep the peel on if you're in a rush! It gets tender after roasting and adds fibre to the meal.* Place the carrot and pumpkin on an oven tray lined with baking paper, sprinkle with the **chermoula spice blend** (see ingredients list) and **drizzle** with **olive oil**. Season with a **pinch** of **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



### 4 MAKE THE CUCUMBER SALSA

In a medium bowl, combine the **cucumber**, **white wine vinegar**, a **drizzle** of **olive oil**, a **pinch** of **salt** and **pepper**, **1/2** the **mint** and **1/2** the **pomegranate seeds**. Just before serving, toss to coat.



### 2 COOK THE COUSCOUS

While the veggies are roasting, drain and rinse the **chickpeas**. In a medium saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Once hot, add the **pearl couscous** and toast until golden, **1-2 minutes**. Add the chickpeas, the **water**, and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) to the pan. Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**.

**TIP:** *Pearl couscous has a firm, slightly chewy texture.*



### 5 FLAVOUR THE COUSCOUS

Stir the **remaining pomegranate seeds** and **remaining mint** through the couscous chickpea mixture and crumble in the **fetta**. Season to taste with **salt** and **pepper**.



### 3 GET PREPPED

While the couscous is boiling, finely chop the **cucumber**. Pick and finely chop the **mint** leaves (reserve a few leaves for garnish). Cut the **pomegranate** (see ingredients list) in half crossways (cutting through the "equator"). Hold a pomegranate half, seeds-side down, over a medium bowl. Using a wooden spoon or rolling pin, whack the pomegranate so the seeds fall into the bowl. Pick out any white pith.



### 6 SERVE UP

Divide the jewelled chickpea couscous between bowls and top with the chermoula roasted veggies and cucumber salsa. Drizzle with the **Greek yoghurt** and garnish with the reserved mint leaves.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

|                       | 2P               | 4P                |
|-----------------------|------------------|-------------------|
| olive oil*            | refer to method  | refer to method   |
| carrot                | 1                | 2                 |
| butternut pumpkin     | ½                | 1                 |
| chermoula spice blend | ½ sachet         | 1 sachet          |
| chickpeas             | 1 tin            | 2 tins            |
| pearl couscous        | 1 packet         | 2 packets         |
| water*                | 1¼ cups          | 2½ cups           |
| vegetable stock       | 1 cube           | 2 cubes           |
| cucumber              | 1                | 2                 |
| mint                  | 1 bunch          | 1 bunch           |
| pomegranate           | ½                | 1                 |
| white wine vinegar*   | 1 tsp            | 2 tsp             |
| fetta                 | 1 block (25 g)   | 1 block (50 g)    |
| Greek yoghurt         | 1 packet (100 g) | 2 packets (200 g) |

\*Pantry Items

| NUTRITION        | PER SERVING     | PER 100G      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 1930kJ (460Cal) | 369kJ (88Cal) |
| Protein (g)      | 19.8g           | 3.8g          |
| Fat, total (g)   | 9.0g            | 1.7g          |
| - saturated (g)  | 4.1g            | 0.8g          |
| Carbohydrate (g) | 67.9g           | 13.0g         |
| - sugars (g)     | 18.1g           | 3.5g          |
| Sodium (g)       | 777mg           | 149mg         |

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

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[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

2019 | WK21

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