



Goat Cheese, Cauliflower & Pearl Couscous Salad

with Sweet Potato & Toasted Almonds

Grab your Meal Kit with this symbol



Cauliflower



Sweet Potato



Red Onion



Marinated Goat Cheese



Souk Market Spice Blend



Pearl Couscous



Vegetable Stock



Flaked Almonds



Spinach & Rocket Mix

Hands-on: **20-30 mins**
Ready in: **40-50 mins**

Low Calorie

The key to making a killer salad? Having a mixture of flavours and textures, and enough hearty ingredients to ensure you feel satisfied at the end. This one ticks all those boxes, and then some!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), 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 with lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
sweet potato	1	2
red onion	1	2
marinated goat cheese	1 tub (100g)	2 tubs (200g)
Souk Market spice blend	1 sachet	2 sachets
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
vegetable stock	1 cube	2 cubes
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	2 tsp	1 tbs
flaked almonds	1 packet	2 packets
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2191kJ (523Cal)	419kJ (100Cal)
Protein (g)	18g	3.4g
Fat, total (g)	18g	3.4g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	66.8g	12.8g
- sugars (g)	22.6g	4.3g
Sodium (mg)	837mg	160mg

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.



1. Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **red onion** into 2cm wedges.

TIP: Cut the veggies to the correct size to ensure that they cook in the allocated time.



2. Roast the veggies

Place the **cauliflower**, **sweet potato**, **onion**, **Souk Market spice blend**, a **drizzle of oil** from the **marinated goat cheese tub** and a **generous pinch of salt and pepper** on an oven tray lined with baking paper. Toss to combine, then roast until tender, **20-25 minutes**. Remove from the oven and set aside to cool slightly.



3. Make the couscous

While the veggies are roasting, heat **drizzle of olive oil** in a medium saucepan over a medium-high heat. Add the **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and crumble in the **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**. Set aside to cool slightly.



4. Make the dressing

In a large bowl, combine **oil** from the **marinated goat cheese tub (1 tbs for 2 people / 2 tbs for 4 people)** with the **vinegar** and **honey**. Add a **pinch of salt** and **pepper** and mix well to combine, then set aside. Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**.



5. Toss the salad

Add the **spinach & rocket mix**, slightly cooled **roast veggies** and **pearl couscous** to the large bowl with the dressing and toss well to combine.



6. Serve up

Divide the roasted cauliflower salad between plates. Tear the goat cheese into small chunks and scatter over the salad. Sprinkle with the toasted almonds.

Enjoy!