



# Roast Parmesan Pumpkin & Pesto Couscous

with Roast Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Zucchini



Capsicum



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Shaved Parmesan Cheese



Nan's Special Seasoning



Vegetable Stock Powder



Couscous



Baby Spinach Leaves



Basil Pesto



Dill & Parsley Mayonnaise



Flaked Almonds



Chicken Breast

Prep in: 20-30 mins  
Ready in: 40-50 mins

Eat Me Early\*  
\*Custom Recipe only

This dish is all about the pumpkin! Its golden yellow flesh develops a fabulous sweet and nutty flavour when roasted, a lovely contrast against the sharp and salty Parmesan and the bright and herby basil pesto in the couscous.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Two oven trays lined with baking paper · Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
capsicum	1	2
peeled & chopped pumpkin	1 medium bag	2 medium bags
garlic & herb seasoning	1 medium sachet	1 large sachet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
Nan's special seasoning	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
<b>water*</b>	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
basil pesto	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3543kJ (847Cal)	611kJ (146Cal)
Protein (g)	23.7g	4.1g
Fat, total (g)	53.5g	9.2g
- saturated (g)	12.2g	2.1g
Carbohydrate (g)	66.2g	11.4g
- sugars (g)	21.4g	3.7g
Sodium (mg)	1622mg	280mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4304kJ (1029Cal)	578kJ (138Cal)
Protein (g)	57g	7.7g
Fat, total (g)	58.7g	7.9g
- saturated (g)	13.8g	1.9g
Carbohydrate (g)	66.2g	8.9g
- sugars (g)	21.4g	2.9g
Sodium (mg)	1710mg	230mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

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## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **zucchini** into small chunks.
- Thinly slice **capsicum**.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



## Cook the couscous

- When the veggies have **10 minutes** remaining, in a large saucepan heat the **butter** over medium-high heat.
- Add the **water** and **vegetable stock powder** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water has absorbed, **5 minutes**. Fluff up with fork.



## Roast the pumpkin

- Place **peeled & chopped pumpkin** on a lined oven tray. Sprinkle with **garlic & herb seasoning**. Drizzle with **olive oil** and toss to coat.
- Roast until tender, **25-30 minutes**.
- In the last **5 minutes**, remove tray from oven. Sprinkle with **shaved Parmesan cheese** and bake until golden and crispy, **5 minutes**.



## Bring it all together

- To the saucepan with the **couscous**, add **baby spinach leaves**, **roasted zucchini** and **capsicum** and **basil pesto**.
- Gently toss to combine. Season to taste.

**Custom Recipe:** Before adding the veggies to the pan, heat a large frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to saucepan along with baby spinach.



## Roast the veggies

- Meanwhile, place **capsicum** and **zucchini** on a second lined oven tray.
- Sprinkle over **Nan's special seasoning**. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.



## Serve up

- Divide pesto couscous with roasted veggies between bowls. Top with roast Parmesan pumpkin.
- Top with **dill & parsley mayonnaise** and **flaked almonds** to serve. Enjoy!

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