

Roast Parmesan Pumpkin & Pesto Couscous with Roast Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol









Garlic & Herb Seasoning



Nan's Special Seasoning



Vegetable Stock Powder

Couscous





Baby Spinach Leaves

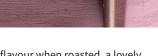




Dill & Parsley Mayonnaise



Pantry items



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.

Peeled & Chopped Pumpkin Shaved Parmesan Cheese



Basil Pesto



Flaked Almonds



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 $\mathsf{paper}\cdot\mathsf{Large}$ saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	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
butter*	20g	40g
water*	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

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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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!







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.



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**.



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.



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.



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.



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!

