



# ROASTED PUMPKIN & PEARL COUSCOUS SALAD

with Herbed Yoghurt



Roast pumpkin and carrot with honey and spices!



Carrot



Red Onion



Butternut Pumpkin



Ras El Hanout



Garlic



Coriander



Mint



Slivered Almonds



Pine Nuts



Greek Yoghurt



Pearl Couscous



Vegetable Stock



Spinach & Rocket Mix

Hands-on: 25 mins  
Ready in: 35 mins

Add some North African flair to a pumpkin salad by sprinkling your roasted veggies with ras el hanout. This mild and aromatic spice blend famous in Morocco translates to "Top of the Shop", as it's supposed to be the best thing on offer at a spice shop. While we haven't compared every spice blend in Africa, we can safely say that our version adds an unmistakable touch to this easy, flavoursome meal!

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Red Wine)

## 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**
- large frying pan**



### 1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Peel the **butternut pumpkin** and cut into 2cm chunks. **TIP:** *Keep the peel on if you're in a rush!* Cut the **carrot** (unpeeled) into 1cm chunks. Cut the **red onion** into 2cm wedges. Place the pumpkin, onion and carrot on an oven tray lined with baking paper. **Drizzle** with **olive oil**, the **honey** and season with a **good pinch** of **salt** and **pepper**. Sprinkle with the **ras el hanout** and toss to coat. Spread in a single layer then roast until tender, **20-25 minutes**. Set aside to cool.



### 4 COOK THE COUSCOUS

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and crumbled **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**.



### 2 GET PREPPED

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**. Pick the **mint** leaves and roughly chop. In a large bowl, combine the **vinegar** and **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) with a **pinch** of **salt** and **pepper**. Set aside.



### 5 DRESS THE SALAD

Add the **spinach & rocket mix** and **pearl couscous** to the large bowl with the dressing and toss gently to combine. **TIP:** *Toss the salad just before serving to keep the leaves crisp.*



### 3 MAKE THE TOPPINGS

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) and the **garlic**. Cook, stirring, until fragrant, **1 minute**. Transfer to a small bowl. **TIP:** *Garlic can burn fast, so keep an eye on it!* Add the **Greek yoghurt**, **coriander**, **mint** and a **good pinch** of **salt** and **pepper** to the garlic oil. Whisk well to combine.



### 6 SERVE UP

Divide the salad between plates and top with the roasted pumpkin, carrot and onion. Top with the herbed yoghurt and sprinkle with the pine nuts and slivered almonds.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
butternut pumpkin	1	1
carrot	2	4
red onion	1	2
honey*	1½ tsp	3 tsp
ras el hanout	1 sachet	2 sachets
garlic	1 clove	2 cloves
coriander	1 bunch	1 bunch
mint	1 bunch	1 bunch
vinegar* (white wine or red wine)	2 tsp	1 tbs
slivered almonds	1 packet	2 packets
pine nuts	1 packet	2 packets
Greek yoghurt	1 packet (100 g)	2 packets (200 g)
pearl couscous	1 packet	2 packets
water*	1 cup	2 cups
vegetable stock	1 cube	2 cubes
spinach & rocket mix	1 bag (60 g)	1 bag (120 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2620kJ (625Cal)	432kJ (103Cal)
Protein (g)	20.0g	3.3g
Fat, total (g)	24.7g	4.1g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	74.9g	12.4g
- sugars (g)	31.6g	5.2g
Sodium (g)	539mg	89mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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