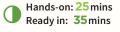


ROASTED PUMPKIN & PEARL COUSCOUS SALAD

with Herbed Yoghurt





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!



Roast pumpkin and carrot with honey and spices!









Pumpkin

Ras El Hanout





Coriander





Slivered Almonds





Greek Yoghurt





Pearl Couscous



Vegetable Stock



Spinach & Rocket Mix

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

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



ROAST THE VEGGIES Preheat the oven to 220°C/200°C fanforced. 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.



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.



MAKE THE TOPPINGS Heat a large frying pan over a mediumhigh 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.



COOK THE COUSCOUS Return the frying pan to a mediumhigh 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.



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.



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!

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

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