



Spiced Cauliflower & Goat Cheese Salad

with Sweet Potato & Pearl Couscous



Cauliflower



Sweet Potato



Red Onion



Marinated Goat Cheese



Souk Market Spice Blend



Pearl Couscous



Vegetable Stock Powder



Spinach & Rocket Mix



Flaked Almonds

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

The key to making a killer salad? Having a mixture of flavours and textures to keep your tastebuds happy, and enough hearty ingredients to leave your belly feeling satisfied. 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
Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
sweet potato	1	2
red onion	1	2
marinated goat cheese	1 packet	2 packets
souk market spice blend	1 sachet	2 sachets
pearl couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
vinegar* (white wine or balsamic)	½ tbs	1 tbs
honey*	½ tbs	1 tbs
spinach & rocket mix	1 medium bag (60g)	1 large bag (120g)
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2511kJ (600Cal)	466kJ (111Cal)
Protein (g)	21.4g	4g
Fat, total (g)	18.5g	3.4g
- saturated (g)	5g	0.9g
Carbohydrate (g)	81g	15g
- sugars (g)	23.5g	4.4g
Sodium (mg)	821mg	152mg

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.



Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **sweet potato** into small chunks. Cut the **red onion** into thick wedges.



Roast the veggies

Place the prepped **veggies** on a lined oven tray. Drizzle with some **olive oil** from the **marinated goat cheese** packet (save the rest of the oil for the dressing!). Sprinkle with the **souk market spice blend** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Make the couscous

While the veggies are roasting, heat drizzle of **olive oil** in a large saucepan over a medium-high heat. Toast the **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**. Half-fill the saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until the couscous is tender, **10-12 minutes**. Drain, rinse and return to the pan. Add the **vegetable stock powder** and drizzle of **olive oil**. Stir to combine.



Make the dressing

In a large bowl, combine some **oil** from the **goat cheese** packet (1 tbs for 2 people / 2 tbs for 4 people) with the **vinegar** and **honey**. Season to taste.



Toss the salad

Add the **spinach & rocket mix**, **pearl couscous** and slightly cooled **roasted veggies** to the bowl with the dressing. Toss to combine.



Serve up

Divide the spiced cauliflower salad with sweet potato and pearl couscous between plates. Crumble the goat cheese over the salad. Sprinkle with the **flaked almonds** to serve.

Enjoy!

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