

Roast Cauliflower & Goat Cheese Salad

with Israeli Couscous & Dill-Parsley Mayo



Prep in: 20-30 mins Ready in: 40-50 mins Eat Me Early* *Custom Recipe only

Calorie Smart* *Custom Recipe is not Calorie Smart

Like a soft teddy bear, tonight's dish is fluffy and calming. Tufts of roasted cauliflower and other warm veggies poke out of a golden Israeli couscous, mixed with creamy goat cheese on top, it will be like eating a very tasty cloud.

Olive Oil, Honey, Vinegar (White Wine or

Balsamic)

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

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

Oven tray lined with baking paper · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 portion (400g)	2 portions (800g)
onion	1 (medium)	1 (large)
Middle Eastern seasoning	1 sachet	2 sachets
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
mixed salad leaves	1 medium bag	1 large bag
honey*	1/2 tbs	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle
goat cheese	½ packet	1 packet
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2559kJ (612Cal)	513kJ (123Cal)
Protein (g)	19.2g	3.9g
Fat, total (g)	28g	5.6g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	68.7g	13.8g
- sugars (g)	18.6g	3.7g
Sodium (mg)	1213mg	243mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3216kJ (769Cal)	496kJ (119Cal)
Protein (g)	52.7g	8.1g
Fat, total (g)	30.4g	4.7g
- saturated (g)	6.2g	1g
Carbohydrate (g)	68.7g	10.6g
- sugars (g)	18.6g	2.9g
Sodium (mg)	1275mg	197mg

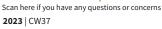
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.co.nz/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.
 Boil the kettle.
- Cut potato into bite-sized chunks.
 Cut cauliflower into small florets. Slice onion into wedges.



Roast the veggies

- Place potato, cauliflower and onion on a lined oven tray.
- Sprinkle with Middle Eastern seasoning, drizzle generously with olive oil and season with salt and pepper. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.
- Remove **veggies** from oven and set aside to cool slightly.



Make the couscous

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



Toast the almonds

 While the couscous is cooking, heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes.

Custom Recipe: If you've added diced chicken, cook diced chicken after toasting flaked almonds. Transfer toasted almonds to a plate. Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate.



Toss the salad

 In a large bowl, combine mixed salad leaves, roasted veggies, couscous, the honey and a drizzle of vinegar and olive oil. Season to taste.



Serve up

- Divide roasted cauliflower and Israeli couscous salad between bowls. Crumble goat cheese (see ingredients) over salad.
- Sprinkle with toasted almonds and serve with dill & parsley mayonnaise. Enjoy!

Custom Recipe: Top Israeli couscous salad with the chicken.

Rate your recipe

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