# Mediterranean Portobello Mushrooms

with Roast Veggie Couscous & Yoghurt Drizzle

Grab your meal kit with this number **31**

- Onion
- Courgette
- Portobello Mushrooms
- Mediterranean Seasoning
- Garlic
- Vegetable Stock Powder
- Couscous
- Baby Leaves
- Greek-Style Yoghurt
- Parsley

**Prep in:** 15-25 mins
**Ready in:** 35-45 mins

Meaty portobello mushrooms are the star of this dish, seasoned with our Mediterranean spice blend and oven-baked to perfection. It sits on a bed of pillowy couscous, tossed through with roasted courgette and onion. Drizzle with yoghurt and sprinkle with parsley for the ultimate vegetarian meal.

Diced Bacon

Halloumi/ Grill Cheese

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

***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 · Medium saucepan

## Ingredients

| | 2 People | 4 People |
|---|---|---|
| ***olive oil**** | refer to method | refer to method |
| onion | ½ | 1 |
| courgette | 1 | 2 |
| portobello mushrooms | 2 | 4 |
| Mediterranean seasoning | 1 sachet | 2 sachets |
| garlic | 2 cloves | 4 cloves |
| ***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 leaves | 1 small packet | 1 medium packet |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| parsley | 1 packet | 1 packet |

****Pantry Items***

## Nutrition

| Avg Qty | Per Serving | Per 100g |
|---|---|---|
| Energy (kJ) | 1590kJ (379Cal) | 444kJ (106Cal) |
| Protein (g) | 10.9g | 3g |
| Fat, total (g) | 15.7g | 4.4g |
| - saturated (g) | 7.5g | 2.1g |
| Carbohydrate (g) | 46.5g | 13g |
| - sugars (g) | 7.7g | 2.2g |
| Sodium (mg) | 994mg | 278mg |
| Dietary Fibre (g) | 5.7g | 1.6g |

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!

Scan here if you have any questions or concerns

**2025** | CW41

1

## Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion (see ingredients)** into thick wedges.
- Slice **courgette** into half-moons.

2

## Roast the veggies

- Place **veggies** and **portobello mushrooms** on a lined oven tray. Drizzle with **olive oil** and sprinkle with **Mediterranean seasoning**.
- Toss to coat and roast until tender, **20-25 minutes**.

3

## Prep the garlic

- Meanwhile, finely chop **garlic**.

4

## Make the garlic couscous

- In a medium saucepan, heat the **butter** over medium-high heat.
- Add **garlic** and cook until fragrant, **1 minute**. 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 water is absorbed, **5 minutes**. Fluff up with a fork.

5

## Bring it all together

- To the pan with couscous, add **roasted onion**, **courgette** and **baby leaves**. Stir to combine and season to taste with **salt** and **pepper**.

6

## Finish & serve

- Divide roast veggie couscous between bowls.
- Top with Mediterranean portobello mushrooms.
- Drizzle over **Greek-style yoghurt** and tear over **parsley** to serve. Enjoy!

**CUSTOM OPTIONS**

**DICED BACON:**
Cook in a large frying pan, breaking up with a spoon, until golden, 6-7 minutes. Stir through couscous to serve.

**HALLOUMI/GRILL CHEESE:**
Cut into 1cm-thick slices. Cook in a frying pan until golden, 1-2 minutes each side.

**SCAN CODE FOR FULL STEPS AND NUTRITION INFO**