# Roast Eggplant & Cauliflower Couscous Bowl

with Cucumber Salad & Garlic Yoghurt

**Grab your meal kit with this number** **7**

- Cauliflower
- Onion
- Eggplant
- Chermoula Spice Blend
- Cucumber
- Garlic
- Couscous
- Greek-Style Yoghurt
- Chargrilled Capsicum Relish
- Mixed Salad Leaves
- Mint

- Halloumi / Grill Cheese
- Chicken Breast

**Prep in:** 20-30 mins
**Ready in:** 30-40 mins

**Calorie Smart**

This couscous bowl is packed to the brim with wholesome veggies, adding layers of flavour and texture to every mouthful. With a drizzle of garlicky yoghurt and a sweet capsicum relish, this meal is a culinary delight that's good for the body and the soul!

## 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 with a lid

## Ingredients

| | 2 People | 4 People |
|---|---|---|
| ***olive oil**** | refer to method | refer to method |
| cauliflower | 1 medium portion | 1 large portion |
| onion | ½ | 1 |
| eggplant | 1 | 2 |
| chermoula spice blend | 1 medium sachet | 1 large sachet |
| cucumber | 1 (medium) | 1 (large) |
| garlic | 2 cloves | 4 cloves |
| ***butter**** | 20g | 40g |
| ***water**** | ¾ cup | 1½ cups |
| couscous | 1 medium packet | 1 large packet |
| Greek-style yoghurt | ½ medium packet | 1 medium packet |
| chargrilled capsicum relish | 1 medium packet | 1 large packet |
| ***honey**** | 1 tsp | 2 tsp |
| mixed salad leaves | 1 small packet | 1 medium packet |
| ***white wine vinegar**** | drizzle | drizzle |
| mint | 1 large packet | 1 large packet |

****Pantry Items***

## Nutrition

| Avg Qty | Per Serving | Per 100g |
|---|---|---|
| Energy (kJ) | 1990kJ (475Cal) | 414kJ (99Cal) |
| Protein (g) | 14.1g | 2.9g |
| Fat, total (g) | 17.9g | 3.7g |
| - saturated (g) | 7.7g | 1.6g |
| Carbohydrate (g) | 61.1g | 12.7g |
| - sugars (g) | 19g | 4g |
| Sodium (mg) | 791mg | 164mg |
| Dietary Fibre (g) | 11g | 2.3g |

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

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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **cauliflower** (including stalk!) into small florets.
- Cut **onion (see ingredients)** into wedges.
- Cut **eggplant** into quarters lengthways, then deeply score the flesh to make a criss-cross pattern.
- In a medium bowl, combine **chermoula spice blend** and a generous drizzle of **olive oil**. Add **veggies** to the bowl and coat in **spice mixture**.
- Place **spiced veggies** on a lined oven tray, drizzle with **olive oil** and toss to coat. Roast until tender, **20-25 minutes**.

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## Get prepped

- Meanwhile, slice **cucumber** into rounds.
- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** and a dash of **olive oil** over medium-high heat. Add **garlic** and cook until fragrant, **1 minute**.
- Transfer half the **garlic butter** to a small bowl.

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## Make the couscous

- Add the **water** and a generous pinch of **salt** to the saucepan with remaining **garlic butter** and bring to the boil.
- Add **couscous** and stir to combine.
- Cover with a lid and remove from heat. Set aside until the water has absorbed, **5 minutes**.
- Fluff up with a fork.

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## Make the garlic yoghurt

- Meanwhile, add **Greek-style yoghurt (see ingredients)** to the small bowl with **garlic butter**. Stir to combine and season to taste.
- In a second small bowl, combine **chargrilled capsicum relish** and the **honey**.

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## Make the salad

- In a second medium bowl, combine **mixed salad leaves**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

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## Finish & serve

- Divide couscous between bowls.
- Top with cucumber salad, eggplant and cauliflower. Drizzle over garlic yoghurt and tear over **mint**.
- Serve with capsicum relish. Enjoy!

**CUSTOM OPTIONS**

**HALLOUMI / GRILL CHEESE:**
Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

**CHICKEN BREAST:**
Cut horizontally into steaks. Cook in a frying pan with a drizzle of oil, until cooked through, 3-5 minutes each side.

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