



Easy Berbere-Roasted Cauliflower Bowl

with Israeli Couscous & Veggie Toss

Grab your Meal Kit
with this symbol



Cauliflower



Berberé Seasoning



Garlic Paste



Chopped Veggie
Mix



Pistachios



Israeli Couscous



Vegetable Stock
Powder





Baby Spinach
Leaves



Greek-Style
Yoghurt



Mint

 Hands-on: **10-20 mins**
Ready in: **35-45 mins**
 Low calorie

This abundant veggie delight is super easy to whip up and fuss-free guaranteed. With sweet honey and mild spices on warm morsels of roasted cauliflower, plus veggies and toasty pearl couscous, it'll disappear from the bowl in record time.

Pantry items

Olive Oil, 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

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
Berber seasoning	1 sachet	2 sachets
garlic paste	1 packet (30g)	1 packet (60g)
honey*	1 tbs	2 tbs
chopped veggie mix	1 packet (250g)	1 packet (500g)
pistachios	1 packet	2 packets
Israeli couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
vegetable stock powder	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
Greek-style yoghurt	1 medium packet	1 large packet
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1673kJ (399Cal)	346kJ (82Cal)
Protein (g)	16g	3.3g
Fat, total (g)	10.7g	2.2g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	62g	12.8g
- sugars (g)	17.8g	3.7g
Sodium (mg)	1217mg	252mg

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.

1



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** so you get two pieces per person. In a large bowl, add the **Berber spice blend**, **garlic paste**, **honey**, a splash of **water** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **cauliflower** and toss to combine. Place the **cauliflower** on a lined oven tray. Place the **chopped veggie mix** and a drizzle of **olive oil** on a second lined oven tray, then season with **salt** and **paper**. Toss to coat, then roast the **cauliflower** and **veggies**, until tender and charred, **25-30 minutes**. In the last **5 minutes** of cook time, add the **pistachios** to the side of the tray with the **veggie mix** and roast until toasted.

3



Bring it all together

Add the **baby spinach leaves** and the roasted **veggie mix** to the cooked **couscous**. Season to taste.

2



Cook the Israeli couscous

While the veggies are roasting, heat a large saucepan over a medium-high heat with a drizzle of **olive oil**. Add the **Israeli couscous** and toast, stirring occasionally, until golden, **1 minute**. Add the **water** and **vegetable stock powder**. Reduce the heat to medium and simmer until the couscous is tender and the water has absorbed, **10-12 minutes**.

TIP: Add a splash of water if the couscous seems dry.

4



Serve up

Divide the roast veggie Israeli couscous between plates and top with the Berbere-roasted cauliflower. Spoon over the **Greek-style yoghurt**. Tear over the **mint** leaves and sprinkle with the toasted pistachios.

Enjoy!