



Roasted Cauliflower & Crumbly Cheese Salad

with Israeli Couscous & Smokey Aioli

Grab your Meal Kit with this symbol



Potato



Cauliflower



Red Onion



Ras El Hanout



Israeli Couscous



Vegetable Stock Powder



Flaked Almonds



Mixed Salad Leaves



Greek Salad Cheese/
Feta Cheese



Smokey Aioli

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

We love the tender texture of Israeli couscous, each grain holds its shape and easily handles bold flavours. Combine that with spiced roasted veggies, crumbly cheese and crisp salad leaves for a salad to remember!

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 · 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)
red onion	1 (medium)	1 (large)
ras el hanout	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
vinegar* (white wine or balsamic)	½ tbs	1 tbs
honey*	½ tbs	1 tbs
flaked almonds	1 packet	2 packets
mixed salad leaves	1 bag (60g)	1 bag (120g)
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2541kJ (607Cal)	510kJ (122Cal)
Protein (g)	18g	3.6g
Fat, total (g)	28.5g	5.7g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	69.1g	13.9g
- sugars (g)	19.6g	3.9g
Sodium (mg)	955mg	192mg

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.



Get prepped

Boil the kettle. Preheat the oven to **240°C/200°C fan-forced**. Cut the **potato** into bite-sized chunks. Cut the **cauliflower** into small florets. Cut the **red onion** into wedges.



Roast the veggies

Place the **potato, cauliflower, onion** and **ras el hanout** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**. Remove the **veggies** from the oven and set aside to cool slightly.



Make the couscous

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



Make the dressing

In a large bowl, combine **olive oil** (1 tbs for 2 people/ 2 tbs for 4 people) with the **vinegar** and the **honey**. Season and mix well to combine. Set aside. Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**.



Toss the salad

Add the **mixed salad leaves, roasted veggies** and cooked **couscous** to the **dressing**. Toss to combine.



Serve up

Divide the roasted cauliflower salad between bowls. Crumble the **cheese** over the salad. Sprinkle with the toasted almonds and serve with the **smokey aioli**.

Enjoy!