



Roasted Cauliflower & Pearl Couscous Salad

with Goat Cheese & Flaked Almonds

Grab your Meal Kit with this symbol



Kumara



Cauliflower



Red Onion



Lemon Pepper
Spice Blend



Pearl Couscous



Vegetable Stock



Flaked Almonds



Mixed Salad
Leaves



Goat Cheese



Hands-on: **20-30** mins
Ready in: **40-50** mins



Low Calorie

We love the tender texture of pearl couscous, each grain holds its shape and it easily handles bold flavours. Combine that with spiced roasted veggies, creamy goat cheese and fresh salad leaves and this is 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 · Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1	2
cauliflower	1 portion	2 portions
red onion	1 (medium)	1 (large)
lemon pepper spice blend	1 sachet	2 sachets
water*	1¼ cups	2½ cups
pearl couscous	1 packet	2 packets
vegetable stock	1 sachet	1 sachet
vinegar* (white wine or balsamic)	2 tsp	4 tsp
honey*	2 tsp	4 tsp
flaked almonds	1 packet	2 packets
mixed salad leaves	1 bag (60g)	1 bag (120g)
goat cheese	1 packet (80g)	2 packets (160g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2250kJ (538Cal)	408kJ (98Cal)
Protein (g)	18.9g	3.4g
Fat, total (g)	16.8g	3.1g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	72.2g	13.1g
- sugars (g)	21.1g	3.8g
Sodium (g)	750mg	136mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Cut the **cauliflower** into small florets. Slice the **red onion** into 2cm wedges.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Roast the veggies

Place the **kumara**, **cauliflower**, **onion** and **lemon pepper spice blend** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **generous pinch** of **salt** and **pepper**. Toss to combine, then roast until tender, **20-25 minutes**. Remove the tray from the oven and set aside to cool slightly.



3. Make the couscous

While the veggies are roasting, add the **water** to a medium saucepan and bring to the boil. Add the **pearl couscous** and **vegetable stock** to the pan, stir, cover with a lid and reduce the heat to low. Cook until just tender, **8-10 minutes**. Remove from the heat and allow to cool slightly, uncovered.



4. Make the dressing

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



5. Toss the salad

Add the **mixed salad leaves**, roasted **veggies** and cooked **pearl couscous** to the bowl with the dressing and toss well to combine.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Divide the roasted cauliflower and pearl couscous salad between plates. Tear the **goat cheese** into small chunks and scatter over the salad. Sprinkle with the toasted almonds.

Enjoy!