



Roasted Cauliflower & Pumpkin Bowl

with Pearl Couscous & Hazelnuts

Grab your Meal Kit with this symbol



Cauliflower



Red Onion



Beetroot



Garlic



Peeled & Chopped Pumpkin



Chermoula Spice Blend



Pearl Couscous



Vegetable Stock



Currants



Parsley



Roasted Hazelnuts



Yoghurt

Hands-on: 20-30 mins
Ready in: 35-45 mins

Low Calorie

Cauliflower tends to get shunted to the back of the school photo – it’s not exactly a scene stealer. But dress it up with a little bit of chermoula spice and pair it with colourful veggies on a bed of pearls (couscous), and ta-da! Turns out cauliflower is quite the star after all.

Unfortunately, this week's feta is in short supply, so we've replaced it with yoghurt. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil

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 too.

You will need

Oven tray lined with baking paper
Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
red onion	1 (medium)	1 (large)
beetroot	1	2
garlic	1 clove	2 cloves
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
chermoula spice blend	1½ sachets	3 sachets
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
vegetable stock	1 sachet	1 sachet
currants	1 packet	2 packets
parsley	1 bunch	1 bunch
roasted hazelnuts	1 packet	2 packets
yoghurt	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2040kJ (486Cal)	477kJ (114Cal)
Protein (g)	16.7g	3.9g
Fat, total (g)	13.7g	3.2g
- saturated (g)	2.6g	0.6g
Carbohydrate (g)	69.7g	16.3g
- sugars (g)	27.3g	6.4g
Sodium (g)	980mg	230mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into 2cm florets. Slice the **red onion** into 2cm wedges. Cut the **beetroot** (unpeeled) into 1cm chunks. Finely chop the **garlic** (or use a garlic press).

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



2. Roast the veggies

Place the **cauliflower**, **onion**, **beetroot** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. Add a **generous drizzle of olive oil**, a **pinch of salt** and **pepper** and sprinkle with the **chermoula spice blend** (see ingredients list). Toss to coat and roast until tender, **20-25 minutes**.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



3. Cook the pearl couscous

While the veggies are roasting, heat a **generous drizzle of olive oil** in a medium saucepan over a medium-high heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Transfer the **garlic oil** to a small bowl and allow to cool for **5 minutes**. Bring the saucepan back to the heat, add the **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water**, **vegetable stock** and **currants**. Reduce the heat to medium and simmer, stirring occasionally, until the **couscous** is tender and the water is absorbed, **10-12 minutes**. Transfer to a large bowl.



4. Prep the garnishes

While the couscous is cooking, roughly chop the **parsley** and **roasted hazelnuts**. Add the **yoghurt** to the bowl with the **garlic oil** and whisk to combine. Season to taste with **salt** and **pepper**. Set aside.



5. Toss the veggies

Add the roasted **veggies** and **1/2** the **parsley** to the bowl with the **couscous**. Toss to combine.



6. Serve up

Divide the roasted veggie pearl couscous between bowls. Sprinkle with the hazelnuts. Garnish with the remaining parsley and drizzle with the garlic yoghurt.

Enjoy!