



Roasted Pumpkin & Israeli Couscous Salad

with Mint Yoghurt & Almonds

Grab your Meal Kit with this symbol



Beetroot



Parsnip



Red Onion



Peeled & Chopped Pumpkin



Chermoula Spice Blend



Garlic



Mint



Slivered Almonds



Yoghurt



Israeli Couscous



Vegetable Stock



Spinach & Rocket Mix

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

Add some Moroccan flair to a pumpkin salad by sprinkling roasted veggies with chermoula spices. While we haven't compared every spice blend in North Africa, we can safely say that our version adds an unmistakable touch to this easy, flavoursome meal!

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Red Wine)

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
parsnip	1	2
red onion	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
honey*	1½ tsp	1 tbs
chermoula spice blend	1 sachet	1 sachet
garlic	1 clove	2 cloves
mint	1 bunch	1 bunch
vinegar* (white wine or red wine)	2 tsp	4 tsp
slivered almonds	1 packet	2 packets
yoghurt	1 small packet	1 large packet
Israeli couscous	1 packet	2 packets
water*	1 cup	2 cups
vegetable stock	1 sachet	1 sachet
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2430kJ (580Cal)	434kJ (104Cal)
Protein (g)	19.1g	3.4g
Fat, total (g)	20.2g	3.6g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	74.4g	13.3g
- sugars (g)	28.9g	5.2g
Sodium (mg)	824mg	147mg

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. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** and **parsnip** (both unpeeled) into 1cm chunks. Slice the **red onion** into 2cm wedges. Place the **peeled & chopped pumpkin, beetroot, parsnip** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and the **honey** and season with a **good pinch** of **salt** and **pepper**. Sprinkle with the **chermoula spice blend** and toss to coat. Spread in a single layer, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, separate across two trays.



2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Pick the **mint** leaves and roughly chop. In a large bowl, combine the **vinegar, olive oil (2 tsp for 2 people / 4 tsp for 4 people)** and a **pinch** of **salt** and **pepper**. Set aside.



3. Make the mint yoghurt

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. In a second small bowl, combine the **yoghurt, mint** and a **good pinch** of **salt** and **pepper**. Whisk well to combine. Set aside.



4. Cook the couscous

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **Israeli couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and **vegetable stock**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**.



5. Dress the salad

Add the **spinach & rocket mix** and cooked **couscous** to the bowl with the **dressing** and toss gently to combine.



6. Serve up

Divide the pearl couscous salad between plates and top with the roasted veggies. Dollop with the mint yoghurt and sprinkle with the toasted almonds.

Enjoy!