



Cooking Made Easy

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Roasted Butternut Squash and Couscous with Baby Spinach

It's fair to say that like the majority of males our Head Chef Patrick is far more personable once he's fed. In the two hours following a meal he is truly a delight to be around, but as the minutes tick on he becomes a little less coherent, until hunger takes hold and Pandora's box is flung wide open. This little life-saver is a quick dish he makes for himself in the throes of such hunger. May it bring smiles to your dinner table too!

40 min

veggie



Butternut Squash



Red Pepper



Green Pepper



Giant Couscous



Baby Spinach



Coriander



Mint




Red Wine Vinegar




Sour Cream

Ingredients

	2P	4P
Butternut Squash, chopped	2 cups	4 cups
Red Pepper, chopped	1	2
Green Pepper, chopped	1	2
Giant Couscous 1	⅓ cup	⅔ cup
Baby Spinach, chopped	2 cups	4 cups
Coriander, chopped	3 tbsp	6 tbsp
Mint, chopped	2 tbsp	4 tbsp
Red Wine Vinegar 2	1 tbsp	2 tbsp
Sour Cream 3	3 tbsp	6 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1) Gluten | 2) Sulphites
- 3) Milk

Nutrition per serving: Calories: 570 kcal | Protein: 12 g | Carbs: 81 g | Fat: 16 g | Saturated Fat: 10 g

2



1 Pre-heat your oven to 220 degrees.

2 To dismantle your butternut squash chop it in half widthways to separate the top from the bulb at the bottom. Put the flat part of each half on the chopping board, then slice downwards to remove the skin. Chop the bulb in half widthways and remove the seeds with a spoon. Finally chop the squash into 2cm cubes.

Tip: *The couscous is ready when soft enough to eat but with a slight firmness left in the middle. Drain and keep to the side.*

3



3 Remove the core from the peppers and chop them into roughly 2cm chunks.

6 Whilst everything is cooking roughly chop the spinach, coriander and the mint leaves. Once the vegetables are ready, remove them from the oven and add to the couscous. Stir in the spinach, the fresh herbs and the red wine vinegar. Taste and add salt and pepper if needed.

4



4 Toss the peppers and butternut squash in 1 tbsp of olive oil and a good pinch of salt and pepper and place on a baking tray. Cook on the top shelf of the oven for around 25 mins until a little crispy at the edges.

7 Serve with a dollop of sour cream and a few more grinds of black pepper.

6



5 Boil a medium sized pot of water with ¼ tsp of salt for your couscous. Once boiling add the couscous and turn the heat to a gentle boil (so the pan doesn't bubble over) and cook for 8 mins.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!