



# Peri Peri Squash and Roasted Pepper Couscous with Spicy Herb Soured Cream and Greek Style Cheese

42

Classic 40-45 Minutes • **Very Hot** • 4 of your 5 a day • Veggie



Butternut Squash



Peri Peri Seasoning



Bell Pepper



Couscous



Vegetable Stock Paste



Zhoug Style Paste



Soured Cream



Red Pepper Chilli Jelly



Sun-Dried Tomato Paste



Greek Style Salad Cheese

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, kettle, bowl and cling film.

## Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	1
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	1½	2
Couscous (13)	120g	180g	240g
Vegetable Stock Paste (10)	10g	15g	20g
Zhoug Style Paste	50g	100g	100g
Soured Cream** (7)	75g	150g	150g
Red Pepper Chilli Jelly	37g	62g	74g
Sun-Dried Tomato Paste	25g	37g	50g
Greek Style Salad Cheese** (7)	50g	75g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for the Couscous*	240ml	360ml	480ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2784 / 665	505 / 121
Fat (g)	26.9	4.9
Sat. Fat (g)	9.5	1.7
Carbohydrate (g)	88.2	16.0
Sugars (g)	30.5	5.5
Protein (g)	18.0	3.3
Salt (g)	2.78	0.50

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Prep the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut widthways into 1cm thick slices.

2



## Get Roasting

Pop the **butternut slices** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **peri peri seasoning**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.

3



## Bring on the Pepper

While the **butternut** roasts, boil a full kettle.

Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.

Pop the **pepper chunks** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

When the **butternut** has roasted for 7-8 mins, roast the **pepper** on the middle shelf until soft and slightly charred, 15-18 mins.

4



## Couscous Time

Meanwhile, put the **couscous** in a large bowl.

Pour in the **boiled water for the couscous** (see pantry for amount), stir in the **vegetable stock paste**, then cover tightly with cling film.

Leave to the side for 10 mins or until ready to serve.

In a medium bowl, mix together the **zhoug style paste** (add less if you'd prefer things milder) and **soured cream**.

5



## Glaze the Squash

When the **butternut** has 5 mins left, remove from the oven. Drizzle over the **red pepper chilli jelly**, toss to coat, then return to the oven for the remaining time.

When the **couscous** and **pepper** are ready, fluff the **couscous** up with a fork. Stir through the **sun-dried tomato paste** and **roasted pepper**.

6



## Serve

Share your **sun-dried tomato couscous** between your bowls, then top with the **glazed butternut squash**.

Finish by dolloping on the **zhoug cream** and crumbling over the **Greek style cheese**.

Enjoy!