



Roasted Butternut Squash on Zhoug Couscous with Garlic Tenderstem® Broccoli and Lemon Yoghurt

18

Quick 20 Minutes • **Medium Spice** • 2 of your 5 a day • Veggie



Diced Butternut Squash



Roasted Spice and Herb Blend



Lemon



Tenderstem® Broccoli



Garlic Clove



Couscous



Vegetable Stock Paste



Greek Style Natural Yoghurt



Zhoug Style Paste



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Honey, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, kettle, fine grater, garlic press, bowl, cling film, frying pan and lid.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|-----------|-----------|-----------|
| Diced Butternut Squash** | 300g | 450g | 600g |
| Roasted Spice and Herb Blend | 1 sachet | 1 sachet | 2sachets |
| Lemon** | ½ | 1 | 1 |
| Tenderstem® Broccoli** | 80g | 150g | 150g |
| Garlic Clove** | 1 | 1½ | 2 |
| Couscous 13 | 120g | 180g | 240g |
| Vegetable Stock Paste 10 | 10g | 15g | 20g |
| Greek Style Natural Yoghurt** 7 | 75g | 120g | 150g |
| Zhoug Style Paste | 50g | 75g | 100g |
| Greek Style Salad Cheese** 7 | 50g | 75g | 100g |
| Pantry | 2P | 3P | 4P |
| Boiled Water for the Couscous* | 220ml | 330ml | 440ml |
| Honey* | 1 tbsp | 1½ tbsp | 2 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 2362 /564 | 478 /114 |
| Fat (g) | 22.5 | 4.6 |
| Sat. Fat (g) | 7.8 | 1.6 |
| Carbohydrate (g) | 69.9 | 14.2 |
| Sugars (g) | 19.2 | 3.9 |
| Protein (g) | 18.2 | 3.7 |
| Salt (g) | 2.37 | 0.48 |

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Roast the Butternut

a) Preheat your oven to 240°C/220°C fan/gas mark 9.

b) Pop the **butternut squash** onto a large baking tray.

c) Drizzle with **oil** and season with **salt** and **pepper**. Drizzle over the **honey** (see pantry for amount), sprinkle with the **roasted spice and herb blend**. Toss to coat, then spread out in a single layer.

d) When the oven is hot, roast on the top shelf until soft and golden, 18-20 mins. Turn halfway through.



Broccoli Time

a) When the **butternut** has 10 mins left, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

b) Once hot, add the **broccoli** and stir-fry for 2-3 mins, then add the **garlic**. Cook for 1 min more.

c) Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 4-6 mins more. Season with **salt** and **pepper**.

d) Meanwhile, in a small bowl, mix together the **lemon zest** and **yoghurt**. Season to taste.



Get Prepped

a) Meanwhile, boil a full kettle.

b) Zest and halve the **lemon** (see ingredients for amount).

c) Halve any thick **broccoli stems** lengthways.

d) Peel and grate the **garlic** (or use a garlic press).



Bring on the Zhoug

a) Fluff up the **cooked couscous** with a fork.

b) Stir through the **zhoug style paste** (add less if you'd prefer things milder), a squeeze of **lemon juice** and a drizzle of **olive oil**.

c) Taste and add **salt** and **pepper** if needed.



Cook the Couscous

a) Put the **couscous** in a bowl.

b) Pour the **boiled water for the couscous** (see pantry for amount) from the kettle into the bowl.

c) Stir in the **vegetable stock paste**, then cover tightly with cling film.

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



Finish and Serve

a) When ready, share the **zhoug couscous** between your bowls.

b) Top with the **roasted butternut squash** and **garlic broccoli**, then crumble over the **Greek style salad cheese**.

c) Add a dollop of **lemon yoghurt** to finish

Enjoy!