



Peri Peri Squash on Caramelised Onion Couscous with Spicy Herb Soured Cream and Greek Style Cheese

41

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



Butternut Squash



Peri Peri Seasoning



Red Onion



Garlic Clove



Vegetable Stock Paste



Couscous



Zhoug Style Paste



Soured Cream



Red Pepper Chilli Jelly



Sun-Dried Tomato Paste



Greek Style Salad Cheese



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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, garlic press, kettle, saucepan, lid and bowl.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	1
Peri Peri Seasoning	1 sachet	2 sachets	2 sachets
Red Onion**	1	1½	2
Garlic Clove**	2	3	4
Vegetable Stock Paste 10)	10g	15g	20g
Couscous 13)	120g	180g	240g
Zhoug Style Paste	50g	75g	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)	100g	150g	200g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Boiled Water for the Couscous*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	700g	100g	745g	100g
Energy (kJ/kcal)	3197 /764	457 /109	4026 /962	541 /129
Fat (g)	33.5	4.8	49.7	6.7
Sat. Fat (g)	14.2	2.0	20.2	2.7
Carbohydrate (g)	94.5	13.5	95.9	12.9
Sugars (g)	35.1	5.0	35.3	4.7
Protein (g)	22.4	3.2	33.6	4.5
Salt (g)	3.46	0.49	6.04	0.81

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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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.



Couscous Time

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Add the **garlic** and **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more. Next, pour in the **boiled water for the couscous** (see pantry for amount) and **veg stock paste**.

Bring to the boil, then remove from the heat. Stir in the **couscous** and pop a lid on the pan. Leave to the side for 8-10 mins or until ready to serve.



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.

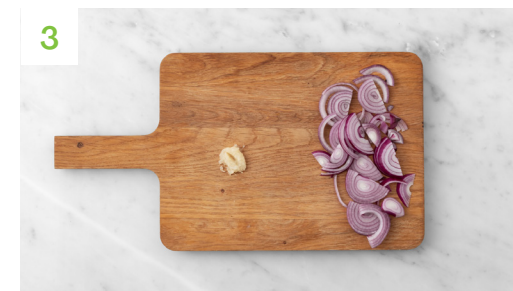


Spice up the Squash

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

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 ready, fluff the **couscous** up with a fork and stir through the **sun-dried tomato paste**.



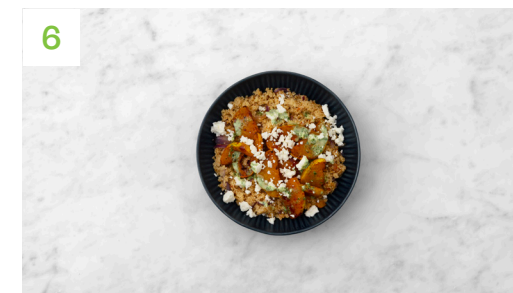
Finish the Prep

While the **butternut** roasts, halve, peel and thinly slice the **red onion**.

Peel and grate the **garlic** (or use a garlic press). Boil a half-full kettle.

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, while the **butternut** roasts, heat a large frying pan on medium-high heat (no oil). Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins. Set aside until ready to serve.



Serve Up

Share your **caramelised onion couscous** between your bowls, then top with the **peri peri butternut squash**.

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

Enjoy!