

Peri Peri Squash on Tomato Zhoug Couscous with Soured Cream and Greek Style Cheese

A Taste of Portugal 40-45 Minutes • **Very Hot** • 2 of your 5 a day • Veggie



Butternut Squash



Peri Peri Seasoning



Baby Plum Tomatoes



Red Onion



Garlic Clove



Vegetable Stock Paste



Couscous



Red Pepper Chilli Jelly



Zhoug Style Paste



Soured Cream



Greek Style Salad Cheese



Peri peri is a popular seasoning in Portuguese cuisine that contains smoked paprika, ancho chilli powder, ground cumin and oregano, perfect for soaking into tender butternut squash for this veg-packed dinner. Zhoug (pronounced zoog) is used here to flavour the couscous for another type of spicy kick.

Pantry Items

Oil, Salt, Pepper, Sugar

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, garlic press, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash	1	1	1
Peri Peri Seasoning	1 sachet	2 sachets	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Red Onion	1	1½	2
Garlic Clove**	2	3	4
Vegetable Stock Paste	10g	15g	20g
Couscous 13	120g	180g	240g
Red Pepper Chilli Jelly	37g	62g	74g
Zhoug Style Paste	45g	67g	90g
Soured Cream** 7	75g	150g	150g
Greek Style Salad Cheese** 7	100g	150g	200g
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	Per serving	Per 100g
for uncooked ingredient	737g	100g
Energy (kJ/kcal)	3084 / 737	418 / 100
Fat (g)	30.5	4.1
Sat. Fat (g)	13.3	1.8
Carbohydrate (g)	94.5	12.8
Sugars (g)	36.6	5.0
Protein (g)	22.2	3.0
Salt (g)	3.04	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 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, mollusc, 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.

Contact

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1 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.

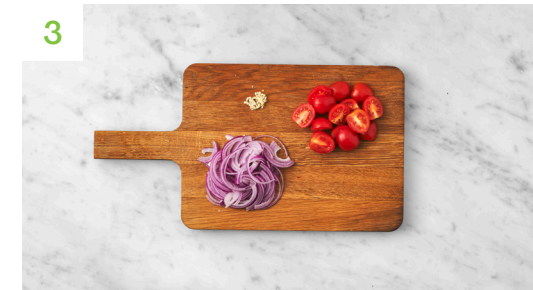


2 Get Roasting

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 Finish the Prep

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

Quarter the **baby plum tomatoes**. Halve, peel and thinly slice the **red onion**.

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



4 Couscous Time

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, 8-10 mins.

Add the **garlic** and **sugar** (see pantry for amount) to the **onion** 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.



5 Spice up the Squash

When the **butternut** has 5 mins remaining, 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 **zhoug style paste** and **baby plum tomatoes**.



6 Serve Up

Share the **tomato and zhoug couscous** between your bowls, then top with the **peri peri butternut squash**.

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

Enjoy!