



Chermoula Roasted Butternut and Couscous Salad with Harissa, Cheese and Garlic Yoghurt Drizzle

48

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day • Veggie



Butternut Squash



Chermoula Spice Mix



Garlic Clove



Onion



Vegetable Stock Paste



Couscous



Harissa Paste



Baby Cucumber



Baby Plum Tomatoes



Greek Style Salad Cheese



Greek Style Natural Yoghurt



Fall in love with salads again with our Chermoula Roasted Butternut and Couscous Salad. Chermoula spice mix is widely used in North African cuisine, fragrant with paprika, turmeric and coriander.

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, aluminium foil, kettle, saucepan, lid, bowl and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash	1	1	1
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Onion	1	1	2
Vegetable Stock Paste	15g	20g	30g
Couscous 13)	120g	180g	240g
Harissa Paste 14)	50g	75g	100g
Baby Cucumber**	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Greek Style Salad Cheese** 7)	100g	150g	200g
Greek Style Natural Yoghurt** 7)	75g	150g	150g

Pantry	2P	3P	4P
Boiled Water for the Couscous*	200ml	300ml	400ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	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)	807g 3049 / 729	100g 378 / 90
Fat (g)	30.1	3.7
Sat. Fat (g)	12.1	1.5
Carbohydrate (g)	92.6	11.5
Sugars (g)	34.4	4.3
Protein (g)	24.0	3.0
Salt (g)	3.40	0.42

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

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

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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Roast 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 2cm thick slices.

Place on a large baking tray. Drizzle with **oil** and sprinkle over the **chermoula spice mix**. Season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Put it onto the **butternut** baking tray.

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



Finish your Prep

Next, trim the **baby cucumber**, then quarter lengthways. Cut widthways into small pieces. Halve the **baby plum tomatoes**.

Pop the **tomatoes** into a medium bowl, drizzle with **olive oil** and season with **salt** and **pepper**. Set aside.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Pop it into another small bowl with the **yoghurt**. Season with **salt** and **pepper** and mix together.



Get Frying

Meanwhile, boil a half-full kettle. Halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Meanwhile, once the **butternut slices** have been cooking for about 10-12 mins, turn them over and remove the **garlic parcel** from the tray. Return the **butternut** to the oven for the remaining time.

Set the **roasted garlic** to one side and allow to cool.



Salad Time

When the **couscous** is ready, fluff it up with a fork. Add the **cucumber**, **tomatoes** and their **dressing** to the pan.

Crumble in **half** the **Greek style salad cheese** and drizzle over the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then toss together.



Cook the Couscous

Once the **onions** is golden, pour the **boiled water for the couscous** (see pantry for amount) and the **vegetable stock paste** into the pan and bring back to the boil.

When boiling, remove from the heat, stir in the **couscous** and place a lid on the pan. Leave to the side for 8-10 mins or until ready to serve.

Meanwhile, in a small bowl, combine the **honey** (see pantry for amount) and **harissa paste**. Season with **salt** and **pepper**. Set aside your **honey-harissa dressing**.



Serve Up

Share the **couscous salad** between your serving bowls and top with the **butternut squash**.

Drizzle the **honey-harissa dressing** over the **butternut**.

Crumble over the remaining **Greek style salad cheese** and dollop on the **garlic yoghurt** to finish.

Enjoy!