









Honey Harissa Squash and Pepper Couscous with Greek Style Salad Cheese and Walnuts

20

Classic 35-40 Minutes • Mild Spice • 4 of your 5 a day • Veggie



-  Butternut Squash
-  Roasted Spice and Herb Blend
-  Bell Pepper
-  Couscous
-  Vegetable Stock Paste
-  Honey
-  Harissa Paste
-  Flat Leaf Parsley
-  Walnuts
-  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

Kettle, baking tray, bowl and cling film.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash	1	1	1
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	1½	2
Couscous 13)	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Honey	15g	22g	30g
Harissa Paste	100g	150g	200g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Walnuts 2)	20g	40g	40g
Greek Style Salad Cheese** 7)	50g	70g	100g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml
Hot Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

*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 550g	Per 100g 100g
Energy (kJ/kcal)	2852 /682	519 /124
Fat (g)	28.8	5.2
Sat. Fat (g)	5.5	1.0
Carbohydrate (g)	88.2	16.0
Sugars (g)	30.2	5.5
Protein (g)	18.5	3.4
Salt (g)	2.56	0.47

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

Allergens

2) Nuts **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.
Boil a full kettle.

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

Pop the **butternut** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **roasted spice and herb blend**. Toss to coat, then 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.



Finish the Prep

In a small bowl, mix together the **honey**, **hot water for the sauce** (see pantry for amount) and **half the harissa paste**. Season with **salt** and **pepper**.

Set your **honey harissa sauce** aside for later. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Roughly chop the **parsley** (stalks and all). Roughly chop the **walnuts**.



Pepper Time

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.

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

Roast on the middle shelf of your oven until soft and slightly charred, 15-18 mins.



Bring on the Flavour

When the **couscous** is ready, fluff the grains up with a fork, then stir through the remaining **harissa paste** and **half the parsley**.

Once roasted, stir the **roasted peppers** through the **couscous**.



Bring on the Couscous

While everything roasts, put the **couscous** in a 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.



Assemble and Serve

Share your **couscous** between your bowls and top with the **roasted butternut squash**, then drizzle over the **honey harissa sauce**.

Crumble the **Greek style salad cheese** over the top and finish with a sprinkle of the **chopped walnuts** and remaining **parsley**.

Enjoy!