



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

17

**Rapid** 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Diced Butternut Squash



Chilli Flakes



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, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## 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
Chilli Flakes	1 pinch	1 pinch	2 pinches
Lemon**	½	1	1
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	1	1½	2
Couscous <b>13</b>	120g	180g	240g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Greek Style Natural Yoghurt** <b>7</b>	75g	120g	150g
Zhoug Style Paste	50g	75g	100g
Greek Style Salad Cheese** <b>7</b>	50g	75g	100g

Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	372g	100g
Energy (kJ/kcal)	2212 /529	595 /142
Fat (g)	22.6	6.1
Sat. Fat (g)	7.8	2.1
Carbohydrate (g)	62.3	16.8
Sugars (g)	13.1	3.5
Protein (g)	17.8	4.8
Salt (g)	2.77	0.75

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.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

 You can recycle me!



## 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**, season with **salt** and **pepper**, then sprinkle over **half** the **chilli flakes** (use less if you'd prefer things milder). 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 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, then add a splash of **water**.

**c)** Pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins. 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**.

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

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



## Bring on the Flavour

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

**b)** Stir through the **zhoug**, 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** and sprinkle over the remaining **chilli flakes** to finish.

## Enjoy!