



Spiced Roasted Broccoli on Zhoug Couscous with Pepper, Greek Style Salad Cheese and Flaked Almonds

18

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



Bell Pepper



Broccoli Florets



Roasted Spice and Herb Blend



Couscous



Vegetable Stock Paste



Zhoug Style Paste



Greek Style Natural Yoghurt



Toasted Flaked Almonds



Greek Style Salad Cheese

Recipe Update

Due to quality issues with **cauliflower florets**, you'll instead receive **broccoli florets**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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
Bell Pepper***	1	1½	2
Broccoli Florets**	200g	300g	400g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Couscous 13	120g	180g	240g
Vegetable Stock Paste 10	10g	15g	20g
Zhoug Style Paste	50g	75g	100g
Greek Style Natural Yoghurt** 7	75g	150g	150g
Toasted Flaked Almonds 2	15g	25g	30g
Greek Style Salad Cheese** 7	50g	75g	100g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml

*Not Included **Store in the Fridge***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2322 /555	709 /169
Fat (g)	27.0	8.3
Sat. Fat (g)	8.2	2.5
Carbohydrate (g)	53.9	16.4
Sugars (g)	9.5	2.9
Protein (g)	20.9	6.4
Salt (g)	2.30	0.70

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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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a full kettle.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Halve any large **broccoli florets**.



Bring on the Zhoug

- Once the **couscous** is ready, fluff up the grains with a fork.
- Stir through the **zhoug** (use less if you'd prefer things milder).



Roast the Veg

- Pop the **pepper** onto one half of a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.
- Add the **broccoli florets** to the other half of the tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over the **roasted spice and herb blend**, then toss to coat.
- Spread the **veg** out in a single layer.
- When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins.



Add the Pepper

- Once the **veg** has roasted, stir the **pepper** through the **zhoug couscous**.



Couscous Time

- Meanwhile, put the **couscous** in a medium 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.



Finish and Serve

- Share your **zhoug and pepper couscous** between your bowls.
- Top with the **roasted broccoli** and drizzle over the **yoghurt**.
- Finish with a scattering of **toasted almonds** and crumble over the **Greek style salad cheese** to finish.

Enjoy!