



Everything  
But The Chef

hello@hellofresh.com.au | 02 88 888 722

WK26  
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

## Roast Pumpkin Crescents with Jewelled Couscous

This treasure will make you the envy of Alibaba and his Forty Thieves. As you sift through the couscous uncover the ruby cranberries, ivory almonds, and burnished chickpeas. The crowning glory is your dazzling crescent of kent pumpkin, worth its weight in gold.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 2



veggie



pantry  
items



Kent Pumpkin



Slivered Almonds



Couscous



Red Onion



Cumin



Chickpeas



Orange



Dried Cranberries



Mint



Yoghurt

2P	4P	Ingredients
1 wedge	2 wedges	kent pumpkin, cut into small crescents
1 tbs	2 tbs	olive oil *
2 tbs	4 tbs	slivered almonds
½ cup	1 cup	couscous
150 ml	300 ml	boiling water *
½	1	red onion, finely chopped
1 tsp	2 tsp	HelloFresh Cumin
1 tin	2 tins	chickpeas, drained & rinsed
½	1	orange, zested & juiced
1 packet	2 packets	dried cranberries
1 bunch	2 bunches	mint, finely chopped
1 tub	2 tubs	natural yoghurt

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	3120	Kj
Protein	28.1	g
Fat, total	30.5	g
-saturated	4.8	g
Carbohydrate	82.6	g
-sugars	19.4	g
Sodium	197	mg

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **200°C/180°C fan-forced**. Line an oven tray with baking paper.

**2** Place the **pumpkin crescents** on one side of the prepared tray and coat in half of the **olive oil**. Season generously with **salt** and **pepper**. Cook in the oven for **25 minutes** or until the pumpkin is tender. Add the **slivered almonds** on to the other side of the tray for the last **5 minutes** or until toasted.



**3** Meanwhile, place the **couscous** in a heatproof bowl with the **boiling water** and a pinch of salt, and cover the bowl tightly with cling wrap for **5 minutes** or until the liquid has absorbed. Remove the cling wrap and fluff with a fork.

**4** Heat the remaining olive oil in a medium frying pan over a medium-high heat. Add the **red onion** and cook for **5 minutes** or until it has softened. Add the **HelloFresh Cumin** and cook, stirring, for **1 minute** or until fragrant. Add the **chickpeas** and continue to cook for a further **1 minute** or until heated through.



**5** Remove from the heat and add to the couscous along with the **orange zest and juice, dried cranberries, almonds** and half of the **mint**. In a small bowl combine the **yoghurt** and the remaining mint.

**6** To serve, divide the jewelled couscous and pumpkin crescents between plates and dollop with the mint yoghurt.



**Did you know?** Oranges are hybrids of the pomelo and the tangerine, and are consequently unknown in the wild.