



Dukkah Cauliflower & Pearl Couscous Salad

with Roast Veggies & Garlic Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Dukkah



Sweet Potato



Carrot



Beetroot



Red Onion



Garlic



Greek Yoghurt



Pearl Couscous



Vegetable Stock



Roasted Almonds



Mint



Baby Spinach Leaves

Hands-on: 20-30 mins
Ready in: 30-40 mins

This delightful dish is a celebration of wholesome roasted veggies with pearl couscous and fragrant mint. Add dukkah and roasted almonds for extra flavour and crunch, then top it off with a drizzle of garlicky yoghurt.

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine), Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
dukkah	1 sachet	2 sachets
sweet potato	1	2
carrot	1	2
beetroot	1	2
red onion	1	2
garlic	2 cloves	4 cloves
Greek yoghurt	1 packet (100g)	2 packets (200g)
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
vegetable stock	1 cube	2 cubes
roasted almonds	1 packet	2 packets
mint	1 bunch	1 bunch
vinegar* (white wine or red wine)	1 tbs	2 tbs
honey*	2 tsp	1 tbs
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2490kJ (594Cal)	362kJ (87Cal)
Protein (g)	24.0g	3.5g
Fat, total (g)	16.1g	2.3g
- saturated (g)	2.8g	0.4g
Carbohydrate (g)	80.0g	11.7g
- sugars (g)	30.9g	4.5g
Sodium (g)	1040mg	152mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets and roughly chop the stem. Place the **cauliflower, dukkah** and a **drizzle of olive oil** on an oven tray lined with baking paper and toss to coat. Cut the **sweet potato** (unpeeled) into 2cm chunks. Cut the **carrot and beetroot** (both unpeeled) into 1cm chunks. Cut the **red onion** into 2cm wedges.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Roast the veggies

Place the **sweet potato, carrot, beetroot, red onion**, a **pinch of salt and pepper** and a **drizzle of olive oil** on a second oven tray lined with baking paper. Toss to coat and roast both trays until tender, **25-30 minutes**.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



3. Make the garlic yoghurt

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a medium frying pan, heat **olive oil (2 tsp for 2 people / 1 tbs for 4 people)** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl and allow to cool for **5 minutes**. Add the **Greek yoghurt** and whisk to combine. Season to taste with **salt and pepper**.



4. Prepare the pearl couscous

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Reduce the heat to medium and simmer, stirring occasionally, until the pearl couscous is tender and the water is absorbed, **10-12 minutes**.



5. Finish the salad

While the pearl couscous is cooking, roughly chop the **roasted almonds**. Pick and thinly slice the **mint** leaves. In a large bowl, combine **olive oil (2 tsp for 2 people / 1 tbs for 4 people)**, **vinegar, honey** and a **pinch of salt and pepper**. Add the **pearl couscous, mint**, slightly cooled **sweet potato, carrot, beetroot and red onion**, and the **baby spinach leaves**. Toss to combine.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Divide the roast veggie pearl couscous salad between plates and top with the dukkah cauliflower. Sprinkle with any dukkah remaining on the oven tray. Spoon over the garlic yoghurt and sprinkle with the roasted almonds.

Enjoy!