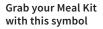


Moroccan-Style Prawns & Roast Veggie Couscous

with Dill-Parsley Yoghurt Sauce















Couscous

Vegetable Stock





Ras El Hanout

Baby Spinach



Flaked Almonds

Dill & Parsley Mayonnaise

Greek-Style Yoghurt





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

Oven tray lined with baking paper · Large frying pan

Ingredients

| in ign concrite | | | |
|---------------------------|--------------------|---------------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| carrot | 1 | 2 | |
| sweet potato | 1 | 2 | |
| couscous | 1 medium packet | 1 large packet | |
| vegetable stock powder | 1 medium sachet | 1 large sachet | |
| boiling water* | ¾ cup | 1 ½ cups | |
| butter* | 20g | 40g | |
| prawns | 1 packet (200g) | 2 packets (400g) | |
| ras el hanout | 1 medium sachet | 1 large sachet | |
| honey* | ½ tbs | 1 tbs | |
| baby spinach leaves | 1 small bag | 1 medium bag | |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet | |
| Greek-style yoghurt | 1 medium packet | 1 large packet | |
| flaked almonds | 1 medium packet | 1 large packet | |
| | | | |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2979kJ (712Cal) | 675kJ (161Cal) |
| Protein (g) | 26.1g | 5.9g |
| Fat, total (g) | 36.2g | 8.2g |
| - saturated (g) | 9g | 2g |
| Carbohydrate (g) | 62.8g | 14.2g |
| - sugars (g) | 19.1g | 4.3g |
| Sodium (mg) | 1415mg | 321mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Boil the kettle.
- Thickly slice carrot into half-moons. Cut sweet potato into bite-sized chunks.
- Place prepped veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- · Roast until tender, 20-25 minutes.



Start the couscous

- Meanwhile, combine couscous and chicken-style stock powder in a large bowl.
- Add the boiling water (3/4 cup for 2 people / 1 1/2 cups for 4 people) and the butter and stir to combine. Immediately cover with a plate and leave for 5 minutes.
- · Fluff up with a fork. Set aside.



Cook the prawns

- When the veggies have 10 minutes remaining, combine prawns, ras el hanout, a drizzle of olive oil and a pinch of salt and pepper in a medium bowl.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.
- In the last minute of cook time, add the honey and toss to combine.
 Remove from heat.
- In a small bowl, combine dill & parsley mayonnaise and Greek-style yoghurt.



Serve up

- Stir roast veggies and **baby spinach leaves** through the couscous. Season to taste.
- Divide roast veggie couscous between bowls. Top with Moroccan prawns, dill-parsley yoghurt sauce and flaked almonds to serve. Enjoy!

We're here to help!