



# Spiced Cauliflower & Goat Cheese Salad

with Sweet Potato & Toasted Almonds

Grab your Meal Kit with this symbol



Cauliflower



Sweet Potato



Red Onion



Souk Market Spice Blend



Marinated Goat Cheese



Pearl Couscous



Vegetable Stock



Flaked Almonds



Spinach & Rocket Mix

Hands-on: **20-30 mins**  
 Ready in: **40-50 mins**

Calorie Smart

The key to making a killer salad? Having a mixture of flavours and textures, and enough hearty ingredients to ensure you feel satisfied at the end. This one ticks all those boxes, and then some!

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), 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

Oven tray lined with baking paper · Medium saucepan · Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
sweet potato	1	2
red onion	1	2
Souk Market spice blend	1 sachet	2 sachets
marinated goat cheese	1 tub (100g)	2 tubs (200g)
water*	1¼ cups	2½ cups
pearl couscous	1 packet	2 packets
vegetable stock	1 cube	2 cubes
vinegar* (white wine or balsamic)	½ tbs	1 tbs
honey*	½ tbs	1 tbs
flaked almonds	1 packet	2 packets
spinach & rocket mix	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2005kJ (479Cal)	383kJ (91Cal)
Protein (g)	14.2g	2.7g
Fat, total (g)	18.1g	3.5g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	60.2g	11.5g
- sugars (g)	17g	3.2g
Sodium (mg)	757mg	145mg

## Allergens

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

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



## 1 Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **red onion** into 2cm wedges.

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



## 2 Roast the veggies

Place the **cauliflower**, **sweet potato**, **onion** and **Souk Market spice blend** on an oven tray lined with baking paper. Add a drizzle of **oil** from the **marinated goat cheese** tub and season with **salt** and **pepper**. Toss to combine, then roast until tender, **20-25 minutes**. Remove from the oven and set aside to cool slightly.



## 3 Make the couscous

While the veggies are roasting, heat drizzle of **olive oil** in a medium saucepan over a medium-high heat. Add the **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and crumble in the **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Reduce the heat to medium and simmer, stirring occasionally, until the **couscous** is tender and the water has been absorbed, **10-12 minutes**. Set aside to cool slightly.



## 4 Toast the almonds

Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. In a large bowl, combine **oil** from the **marinated goat cheese** tub (1 tbs for 2 people / 2 tbs for 4 people) with the **vinegar** and **honey**. Season with **salt** and **pepper** and mix well to combine.



## 5 Toss the salad

Add the **spinach & rocket mix**, **pearl couscous** and slightly cooled **veggies** to the dressing and toss well to combine.



## 6 Serve up

Divide the roasted cauliflower salad between plates. Tear the goat cheese into small chunks and scatter over the salad. Sprinkle with the toasted almonds.

**Enjoy!**