



Everything
But The Chef

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Roasted Cauliflower with Za'atar & Pearl Couscous

Middle Eastern cuisine tends to do vegetarian really well. It comes from the days before refrigeration, when meat was expensive to use and difficult to prepare in such a hot climate. This meal is the perfect example of years of cooking knowledge coming together. Taste the culture in every bite!



30 min



level 1



veggie



Cauliflower



Almonds



Za'atar



Pearl Couscous



Parsley

2P	4P	Ingredients
1 head	2 heads	cauliflower, cut into florets
60 g	120 g	raw almonds, roughly chopped A
20 g	40 g	HelloFresh Za'atar spice
3 tbs	6 tbs	olive oil *
1 tbs	2 tbs	butter *
150 g	300 g	pearl couscous
500 ml	1L	water *
1 tbs	2 tbs	parsley, chopped

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1800	Kj
Protein	18	g
Fat, total	12.9	g
-saturated	1.8	g
Carbohydrate	50.6	g
-sugars	10.3	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat your oven to **200°C/180°C** fan-forced.

2 In a salad bowl toss together the **cauliflower florets, almonds, za'atar**, and the **olive oil**. Place on a baking tray, season with **salt** and **pepper** and put into the oven for **15-20 minutes**, or until golden brown. Remove from the oven and place back into the salad bowl, add the **butter** and toss until melted.



3 Heat some oil in a pan over a medium-high heat, add the **pearl couscous** and stir to toast and coat for **1-2 minutes**. Add the **water** and a good grind of salt and bring to a boil, reduce heat and allow to simmer for **8-10 minutes**.

4 Add the couscous to the cauliflower mixture and stir well to combine, season with salt and pepper, and toss through the **parsley**. Divide between plates or bowls and enjoy!



Did you know? Almonds have a long storage life of up to 2 years (refrigerated) as they are rich in Vitamin E.