



# Spiced Black Beans & Roast Veggie Couscous

with Dill & Parsley Mayonnaise

Grab your Meal Kit with this symbol



Kumara



Capsicum



Garlic



Lemon



Baby Spinach Leaves



Pumpkin Seeds (Pepitas)



Dill & Parsley Mayonnaise



Vegetable Stock Powder



Couscous



Black Beans



Tomato Paste



Aussie Spice Blend

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

Get a load of this gently spiced black bean stew that knows no bounds when it comes to flavour. Sitting on a bed of garlic-infused veggie couscous and sprinkled with crunchy pumpkin seeds, this is a recipe for a hearty bowl you won't soon forget.

### Pantry Items

Olive Oil, Butter

## 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 frying pan · Medium saucepan with a lid

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
capsicum	1	2
garlic	3 cloves	6 cloves
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
pumpkin seeds (pepitas)	1 packet	2 packets
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
water* (for the mayo)	1 tbs	2 tbs
water* (for the couscous)	¾ cup	1½ cups
vegetable stock powder	1 sachet	2 sachets
couscous	1 packet	2 packets
black beans	1 tin	2 tins
tomato paste	½ packet	1 packet
Aussie spice blend	1 sachet	1 sachet
butter*	20g	40g
water* (for the sauce)	½ cup	1 cup

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2920kJ (698Cal)	652kJ (156Cal)
Protein (g)	22.7g	5.1g
Fat, total (g)	32.0g	7.2g
- saturated (g)	8.1g	1.8g
Carbohydrate (g)	84.5g	18.9g
- sugars (g)	15.6g	3.5g
Sodium (mg)	1960mg	437mg

### Allergens

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



## 1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Place the **kumara, capsicum** and a **drizzle of olive oil** on an oven tray lined with baking paper. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

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



## 2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **pinch**, then slice into wedges. Roughly chop the **baby spinach leaves**. Heat a medium frying pan over a medium-high heat. Add the **pumpkin seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate. In a small bowl, combine the **dill & parsley mayonnaise** and **water (for the mayo)**. Set aside.



## 3. Make the couscous

In a medium saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add **1/2 the garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and **1/2 the vegetable stock powder** and bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



## 4. Cook the spiced beans

While the couscous is cooking, drain and rinse the **black beans**. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **black beans, tomato paste (see ingredients list), Aussie spice blend, butter** and **remaining garlic** and cook until fragrant, **1-2 minutes**. Add the **water (for the sauce)** and **remaining vegetable stock powder** and simmer, **1-2 minutes**. Using a potato masher or a fork, lightly crush the **beans**. Season to taste.



## 5. Bring it all together

Add the roasted **veggies, lemon zest, a generous squeeze of lemon juice, a drizzle of olive oil** and the **baby spinach** to the cooked **couscous**. Toss gently to combine and season to taste.

**TIP:** Use as much or little lemon zest as you like depending on your taste.



## 6. Serve up

Divide the roast veggie couscous between bowls. Top with the spiced black beans and spoon over the dill-parsley mayo. Sprinkle with the toasted pumpkin seeds and serve with any remaining lemon wedges.

**Enjoy!**