



Venison & Chermoula Veggie Pearl Couscous

with Coriander Zhoug & Slivered Almonds

Grab your Meal Kit with this symbol



Cauliflower



Red Onion



Peeled & Chopped Pumpkin



Chermoula Spice Blend



Slivered Almonds



Pearl Couscous



Currants



Vegetable Stock



Long Green Chilli (Optional)



Garlic



Coriander



Mint



Lemon



Venison Steak



Baby Spinach Leaves

- Hands-on: **30-40** mins
- Ready in: **35-45** mins
- Spicy (optional long green chilli)

The delightful infusions of North African and Middle Eastern cuisine shines a little light on every aspect of this dish. And our favourite part would be the Zhoug (pronounced "Zoog")! This coriander sauce lends the dish a huge burst of flavour with punchy notes of garlic and a kick of fresh green chilli. You'll want to drizzle it over everything soon enough.

Pantry items

Olive Oil

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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
red onion	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
chermoula spice blend	1 sachet	1 sachet
slivered almonds	1 packet	2 packets
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
currants	1 packet	2 packets
vegetable stock	1 sachet	1 sachet
long green chilli (optional)	½	1
garlic	1 clove	2 cloves
coriander	1 bunch	1 bunch
mint	1 bunch	1 bunch
lemon	½	1
venison steak	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2440kJ (583Cal)	499kJ (119Cal)
Protein (g)	41.4g	8.5g
Fat, total (g)	17.5g	3.6g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	60.0g	12.3g
- sugars (g)	18.8g	3.9g
Sodium (mg)	847mg	173mg

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.

Fancy a Drop?

We recommend pairing this meal with Cabernet Sauvignon or Pinot Noir

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1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Slice the **red onion** into 2cm wedges. Place the **cauliflower**, **onion** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. Sprinkle over the **chermoula spice blend**. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**.

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



4. Make the coriander zhoug

While the couscous is cooking, finely chop the **long green chilli** (see ingredients list), if using. Finely chop the **garlic** (or use a garlic press). Finely chop the **coriander** and **mint**. Zest the **lemon** (see ingredients list) to get a **pinch**, then slice into wedges. In a small bowl, add the **chilli** (if using), **garlic**, **coriander**, **mint**, **lemon zest**, a **generous squeeze** of **lemon juice**, **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people) and a **generous pinch** of **salt** and **pepper**. Stir to combine and set aside.

TIP: Add less garlic if you're not a fan of it raw!



2. Toast the almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



5. Cook the steak

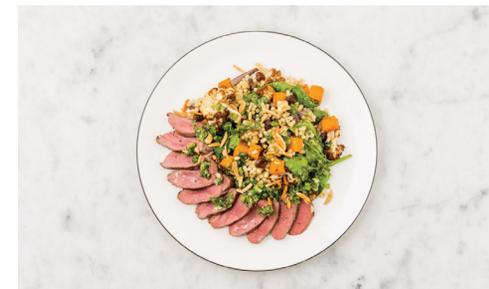
In a medium frying pan, heat a **drizzle** of **olive oil** over a high heat. Pat the **venison steak** dry with paper towel, then season with **salt** and **pepper** on all sides. When the oil is hot, add the **venison** and cook for **2-3 minutes** each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. While the steak is resting, add the roasted **veggies** and **baby spinach leaves** to the bowl with the **couscous**. Toss to combine and season to taste with **salt** and **pepper**.

TIP: This will give you a medium steak. Cook for a little less if you like it rare, or a little longer for well done.



3. Cook 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**, **currants** and **vegetable stock**. Reduce the heat to medium and simmer, stirring occasionally, until the **couscous** is tender and the water is absorbed, **10-12 minutes**. Transfer to a large bowl.



6. Serve up

Thickly slice the steak. Divide the chermoula roasted veggie pearl couscous between plates. Top with the venison steak and pour over any resting juices. Spoon over the coriander zhoug. Sprinkle with the toasted almonds.

Enjoy!