



Venison & Spiced Veggie Israeli Couscous

with Zhoug & Slivered Almonds

Grab your Meal Kit with this symbol



Cauliflower



Red Onion



Peeled & Chopped Pumpkin



Berbere Seasoning



Slivered Almonds



Israeli Couscous



Currants



Vegetable Stock Powder



Long Green Chilli (Optional)



Garlic



Coriander



Mint



Lemon



Venison Steak



Spinach & Rocket Mix

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Calorie Smart

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 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)
Berber seasoning	1 sachet	2 sachets
slivered almonds	1 packet	2 packets
Israeli couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
currants	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
long green chilli (optional)	½	1
garlic	1 clove	2 cloves
coriander	1 bag	1 bag
mint	1 bag	1 bag
lemon	½	1
venison steak	1 packet	1 packet
spinach & rocket mix	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2403kJ (574Cal)	471kJ (113Cal)
Protein (g)	43g	8.4g
Fat, total (g)	15.9g	3.1g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	60.2g	11.8g
- sugars (g)	19.1g	3.7g
Sodium (mg)	970mg	190mg

The quantities provided above are averages only.

Allergens

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

Visit 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

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **red onion** into wedges. Place the **cauliflower**, **onion** and **peeled & chopped pumpkin** on a lined oven tray. Sprinkle over the **Berber seasoning**, drizzle with **olive oil**, then season with **salt** and **pepper**. Spread out evenly and roast until tender, **20-25 minutes**.



Make the coriander zhoug

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

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



Toast the almonds

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



Cook the steak

See Top Steak Tips (below) for extra info! Heat a medium frying pan over a high heat with a drizzle of **olive oil**. Season both sides of the **venison steak**. When the oil is hot, cook the **steak** for **1-2 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. Meanwhile, add the roasted **veggies** and **spinach & rocket mix** to the **couscous**. Toss to combine and season to taste.



Cook the couscous

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Toast the **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**. Add the **water**, **currants** and **vegetable stock powder**. 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.



Serve up

Slice the venison steak. Divide the spiced veggie Israeli couscous between plates. Top with the steak and any resting juices. Spoon over the zhoug. Sprinkle with the toasted almonds to serve.

Enjoy!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.