



# Spiced Squash Couscous Bowl

with chickpeas and Greek style cheese

Family Veggie 25-30 mins • Optional spice • Eat me first

9



Diced Butternut Squash



Onion



Honey



Couscous



Yoghurt



Harissa Paste



Greek Style Cheese



Chickpeas



Hello Muscat



Sesame Seeds



Middle Eastern Style  
Spice Mix

Pantry Items: Oil, Salt, Pepper, Water



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, sieve

## Ingredients

	2P	4P
Diced Butternut Squash	1 unit	2 units
Onion	1 unit	2 units
Honey	1 sachet	2 sachets
Couscous	100 g	250 g
Yoghurt	75 g	150 g
Harissa Paste	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g
Chickpeas	1 pack	2 packs
Hello Muscat	1 sachet	2 sachets
Sesame Seeds	1 sachet	2 sachets
Middle Eastern Style Spice Mix	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	573.5 g	100 g
Energy (kJ/kcal)	3104.5 kJ/ 742 kcal	541.3 kJ/ 129.4 kcal
Fat (g)	26.8 g	4.7 g
Sat. Fat (g)	11.9 g	2.1 g
Carbohydrate (g)	81.5 g	14.2 g
Sugars (g)	18.7 g	3.3 g
Protein (g)	30.4 g	5.3 g
Salt (g)	4.5 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



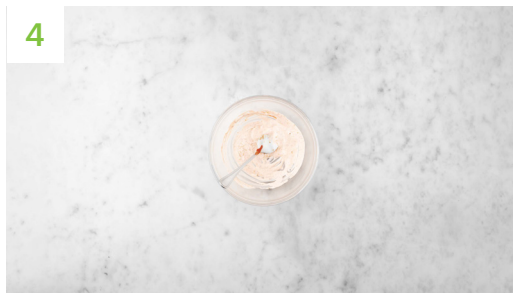
You can recycle me!



## Get Prepped

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **chickpeas**. Halve, peel and chop the **onion** into wedges.
- Add **chickpeas, onion** and **butternut squash** to a lined baking tray.
- Toss with **Middle Eastern spice, salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- Roast on the top shelf of the oven until **squash** is soft and **chickpeas** are crunchy, 25-30 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



## Make the Dressing

- In a large bowl, mix the **yoghurt, harissa paste** and **half the sesame seeds**.
- Stir to combine then season to taste with **salt** and **pepper**.

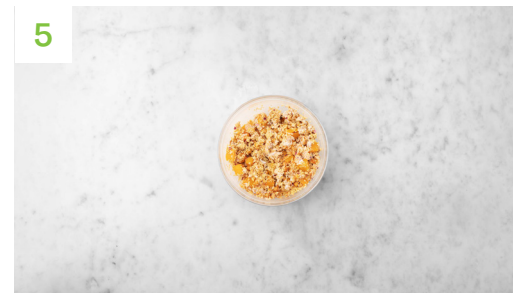
**TIP:** If cooking for kids, you can use less harissa to reduce the heat.



## Cook the Couscous

- Meanwhile, add the **couscous** to a bowl.
- Make a **stock** by dissolving the **muscat** in 200ml boiling **water** (500ml for 4p).
- Pour the **stock** into the bowl with the **couscous**, cover with a plate or cling film and leave aside for 10 mins.

**TIP:** If you're in a hurry you can boil the water in your kettle.



## Assemble the Salad

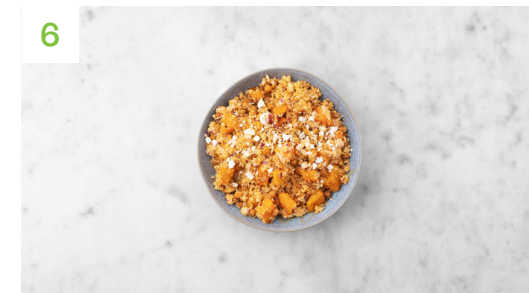
- Fluff up the **couscous** with a fork.
- Mix the **couscous** through the dressing.
- Carefully stir through the roasted **onion, butternut squash** and crispy **chickpeas**.
- Season to taste with **salt** and **pepper**.



## Toast the Seeds

- While the **couscous** cooks, place a pan over medium heat (without oil).
- Once hot, add the **sesame seeds** and dry-fry, shifting regularly, until lightly toasted, 2-3 mins.
- Remove from the pan and set aside.

**TIP:** Watch them like a hawk as they can burn easily.



## Garnish and Serve

- Divide the adorned **couscous** between bowls.
- Crumble over the **Greek Style Cheese**.
- Garnish with the remaining **sesame seeds** and a drizzle of **honey**.

**Enjoy!**