



# Turmeric Cauliflower and Chorizo Couscous Salad

with Chickpeas and Zhoug

Nº 21

**CLASSIC** 30 Minutes • 2.5 of your 5 a day



Chickpeas



Cauliflower Florets



Turmeric



Couscous



Chicken Stock Powder



Flaked Almonds



Diced Chorizo



Cranberries



Mint



Lemon



Zhoug Paste

## Before you start

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

### Basic cooking tools, you will need:

Sieve, Two Baking Trays, Measuring Jug, Bowl and Frying Pan.

### Ingredients

	2P	3P	4P
Chickpeas	1 carton	1 carton	2 cartons
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Turmeric	1 sachet	1 sachet	2 sachets
Couscous <b>13</b>	120g	180g	240g
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Boiling Water for the Couscous*	240ml	360ml	480ml
Flaked Almonds <b>2</b>	1 small pot	1 large pot	1 large pot
Diced Chorizo <b>7</b> **	60g	90g	120g
Cranberries	1 pack	2 packs	2 packs
Mint**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Zhoug Paste	1 sachet	1½ sachets	2 sachets
Olive Oil for the dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	443g	100g
Energy (kJ/kcal)	3115 /745	704 /168
Fat (g)	32	7
Sat. Fat (g)	7	2
Carbohydrate (g)	79	18
Sugars (g)	19	4
Protein (g)	29	7
Salt (g)	3.48	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**2) Nut 7) Milk 13) Gluten**

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Get Started

Preheat the oven to 220°C. Drain and rinse the **chickpeas** in a sieve. Pop the **chickpeas** and **cauliflower** on separate baking trays, sprinkle both with **turmeric**, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast the **cauliflower** on the top shelf of your oven until golden, 18-20 mins. Roast the **chickpeas** on the middle shelf of your oven until slightly crispy, 5 mins. Once the **chickpeas** are cooked, remove from your oven and set aside to cool.



## 4. Fry the Chorizo

Put your frying pan back on medium high heat with a drizzle of **oil** (no need to wash). Once hot, add the **chorizo** and fry until crispy, for 1-2 mins. Add the **cranberries** and fry briefly until warmed through, 1 min. Pop the **chorizo** and **cranberries** in a small bowl, along with any **oil** from the pan.



## 2. Make the Couscous

Meanwhile, fill and boil your kettle. Put the **couscous** in a bowl. Put the **stock powder** in a measuring jug, stir in the boiling **water** (see ingredients for amount) and pour into the bowl, cover tightly with cling film and leave to the side for 10 mins or until ready to serve.



## 5. Finish the Couscous

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Zest and halve the **lemon**. Once the **couscous** is ready, stir with a fork to separate the grains and add the **Zhoug**, **lemon zest** and **half** the **mint**, mix well. Taste and season with **salt** and **pepper** if needed. Add a squeeze of **lemon juice** and the **olive oil** (see ingredients for amount) to the **cranberry chorizo mixture**. Mix together, taste and season with **salt** and **pepper**.



## 3. Toast the Almonds

Heat medium frying pan over medium heat (no oil!) Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Once toasted remove from the pan and transfer to a small bowl (no need to wash your pan).



## 6. Put it all Together

Divide the **couscous** between plates. Spoon on the **roasted cauliflower** and **chickpeas**. Drizzle the **cranberry chorizo dressing** and finish with a scattering of the **toasted almonds** and remaining **mint**. Serve with a **lemon wedge**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.