



## Moroccan Vegetable Pie

with Feta and Couscous Crust



1h



2 Portions

Inspired by bastilla, the famed Moroccan pie, this vegetarian pot pie version with a tempting couscous crust delivers exotic flavour. Under the topping is a fragrant medley of roasted cauliflower and pumpkin, spiced chickpeas and tomato, with feta scattered over the top.

## What we send

- butternut pumpkin
- couscous <sup>1</sup>
- onion
- ras el hanout spice blend <sup>1,17</sup>
- cauliflower
- diced tomatoes
- chickpeas
- parsley
- feta <sup>7</sup>

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- boiling water
- olive oil
- sea salt and pepper
- water

## Utensils

- 1.5L (6 cup) baking dish
- large deep frypan or saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Oven temperatures are for fan-forced. For conventional ovens, increase by 20C.

## Allergens

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 720kcal, Fat 33.2g, Carbs 68.1g, Proteins 26.4g



**1. Roast vegetables**

**Read through the recipe.** Heat the oven to 220C (see cooking tip). Peel **pumpkin** and cut into 2cm chunks. Cut **cauliflower** into small florets and the stem into 2cm pieces. Put pumpkin and cauliflower in a 1.5L (6 cup) ovenproof dish. Drizzle with **1 tbs olive oil** and season with **salt and pepper**. Toss to coat, then bake for 20 mins.



**4. Add tomato and chickpeas**

Add the **tomatoes, chickpeas** and **2 tbs water** and season with **salt and pepper**. Bring to the boil, then cover, reduce the heat and simmer for 5 mins.



**2. Prepare couscous**

Meanwhile, put **half the couscous\*\*** in a heatproof bowl, pour over **60ml (¼ cup) boiling water** and **2 tsp olive oil** and cover with a plate. Stand for 5 mins or until the water is absorbed.



**5. Combine ingredients**

Meanwhile, when vegetables have baked for 20 mins, remove the dish from the oven and turn the oven grill on to high. Finely chop the **parsley**, including the stems. Stir the **tomato mixture** and **half the parsley** into the pumpkin and cauliflower. Crumble the **feta**.



**3. Cook aromatics**

Drain and rinse the **chickpeas**. Finely chop the **onion**. Heat **1 tbs olive oil** in a large deep frypan over medium-high heat and cook the onion, stirring occasionally, for 3 mins or until golden. Add the **ras el hanout** and cook for 1 min.



**6. Get ready to serve**

Fluff the **couscous** with a fork. Scatter the **couscous** and **feta** evenly over the vegetables and grill for a further 10 mins or until light golden. Scatter with the **remaining parsley** to serve.