

MARLEY SPOON



Harissa Vegetable Couscous

with Lemon Yoghurt and Pepitas



20-30min



2 Portions

It's known that nuts and seeds are good for you, but when you drill down, their benefits are remarkable. Pepitas assist bone and liver health, while almonds contain an abundance of Vitamin E, monounsaturated fat and compounds that support the heart. Here they're delicious over harissa-roasted veggies, herbed couscous and a generous drizzle of lemony yoghurt.

What we send

- slivered almonds ¹⁵
- pepitas
- zucchini
- lemon
- mushrooms
- cherry tomatoes
- couscous ¹
- Greek-style yoghurt ⁷
- harissa seasoning ¹⁷
- parsley

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- baking paper
- fine grater
- oven tray
- small frypan

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

Cooking tip

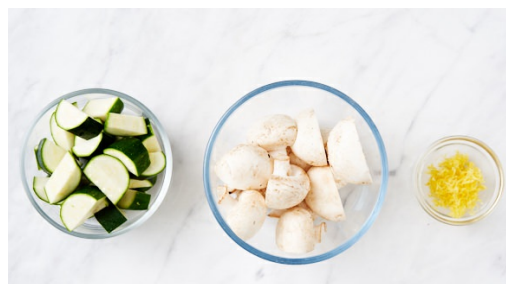
Oven temperatures are for conventional ovens, set to fan-forced.

Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 705kcal, Fat 34.8g, Carbs 66.0g, Proteins 23.9g



1. Prepare vegetables

Read through the recipe. Heat the oven to 220C (see cooking tip). Line an oven tray with baking paper. Halve the **zucchini** lengthwise and cut into 3cm chunks. Halve the **mushrooms**. Finely grate **half the lemon** zest, then juice the half. Cut the **remaining lemon** into wedges.



4. Cook couscous

Put the **couscous**, a **pinch of salt** and **2 tsp olive oil** in a bowl and pour over **180ml (¾ cup) boiling water**. Cover with a plate and stand for 5 mins. Fluff up the grains with a fork.



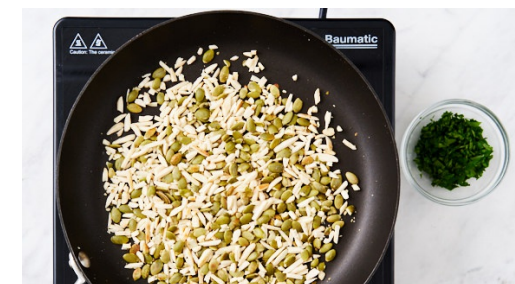
2. Roast vegetables

Combine **½ tsp lemon zest**, **1½ tbs olive oil** and **2 tsp harissa seasoning** in a bowl. Season with **salt**. Add the **zucchini**, **mushrooms** and **tomatoes** and combine well. Put the vegetables in a single layer on the lined tray and roast for 20 mins or until the zucchini and mushrooms are golden and the tomatoes are soft.



5. Prepare lemon yoghurt

Meanwhile, put the **yoghurt**, **1 tbs lemon juice** and any **remaining harissa seasoning** in a bowl. Stir to combine and season with **salt and pepper**.



3. Toast nuts and seeds

Meanwhile, put the **almonds** and **pepitas** in a small cold frypan over medium heat. Cook, tossing occasionally, for 3-4 mins until golden. Remove from the pan. Coarsely chop the **parsley**, including the stems.



6. Get ready to serve

Add **half the chopped parsley** and **remaining lemon zest** to the couscous and toss to combine. Taste, then season with **salt and pepper**. Divide the **couscous** and **roasted vegetables** among plates. Drizzle with the **lemon yoghurt**, then scatter with the **toasted nut mixture** and **remaining parsley**. Serve with the **lemon wedges**.