



Cooking Made Easy

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## Bedouin Spiced Winter Veg with Tzatziki and Couscous

When he's cooking your Hello Fresh recipes Patrick always has his mind on keeping them simple, so you have more time for putting your feet up. This one requires a bit of prep up front but once it's bubbling away you'll have plenty of time to catch up on your latest box set / re-arrange your sock drawer. Remember: slow gentle bubbling = maximum flavour!

 45 min

 level 2

 veggie



Couscous



Red Onion



Parsnip



Carrot



Swede



Organic Chopped  
Tomatoes



Cinnamon Stick



Apricots



Vegetable Stock  
Pot & Garlic



Fresh Coriander



Greek Yoghurt



Cucumber




Flaked Almonds



Turmeric & Allspice

Ingredients

	2P	4P
Couscous 1	100g	200g
Red Onion, diced	1/3 cup	1/2 cup
Carrot, diced	1/2 cup	1 cup
Parsnip, chopped	1 cup	2 cups
Swede, chopped	1 cup	2 cups
Organic Chopped Tomatoes	1 tin	2 tins
Dry Apricots	3	6
Vegetable Stock Pot 2	1	2
Fresh Coriander, chopped	1/2 bunch	1 bunch
Garlic Clove	1	2
Greek Yoghurt 3	1/2 pot	1 pot
Cucumber	1/2	1
Flaked Almonds 4	2 tbsp	4 tbsp
Cinnamon Stick	1/2	1
Tumeric & Allspice	1/2 tsp each	1 tsp each

-  May feature in another recipe
- \* Good to have at home

Allergens

- 1) Gluten | 2) Celery
- 3) Milk | 4) Nut

Nutrition per serving

Calories: 469 kcal,  
Protein: 22 g, Carbs: 80 g,  
Fat: 7 g, Saturated Fat: 1 g



**1** Peel and very finely dice the carrot, garlic and onion. Peel and roughly chop (1cm cubes) the parsnip. Slice the sides from the swede to make a square then chop it into 1cm cubes. Roughly chop the apricots.



**2** Heat a tbsp of oil in a non-stick pan on medium-low heat. Cook the carrot, garlic and onion for about 6 mins. **Tip:** You want to cook the mixture until it is soft and be sure not to let it brown off.



**3** Now add the parsnip and swede. Sprinkle on a 1/4 tsp of salt with the turmeric and allspice. Add the chopped apricots, add 3 tbsp of water, put a lid on and stew for 5 mins more. When the veg has softened, add the tomatoes, 1/2 the stock pot and 250ml of water.



**4** Add the cinnamon stick and let it gently bubble away for 20-25 mins or until you have a thick stew.

**5** While all that's happening slice the cucumber in half lengthways then slice each half lengthways again and remove the seeds in the middle by sliding your knife under them. Chop the cucumber

into tiny (less than 1cm) cubes (or grate it) then mix with the Greek yoghurt and a pinch of salt and pepper to make tzatziki.

**6** Boil 150ml of water with the other half of your stock pot. Add in the couscous and cover the pot tightly. Take the pot off the heat and leave to rest for 5 mins. **Tip:** Be exact with the amount of water to prevent soggy couscous!

**7** Roughly chop the coriander and stir through the stew at the last minute. Fluff up the couscous with a fork. Serve the stew on top of the couscous with a sprinkle of the almonds and some tzatziki.