



Chickpea Couscous & Greek Salad Bowl

with Cherry Tomatoes & Fetta

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Couscous



Cucumber



Snacking Tomatoes



Carrot



Chickpeas



Green Dressing



Parsley



Garlic & Herb Seasoning



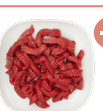
Tomato Paste



Fetta Cubes



Chicken Breast



Beef Strips

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Reduced

To amp things up a notch, we've swapped your standard rice for couscous for a fluffy and fragrant delight. You've also got yourself some hearty chickpeas, Greek salad with feta, and a luscious green dressing, all of which are major flavour powerhouses that give you a light, bright and tasty dish!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the couscous)	1 ¼ cups	2 ½ cups
couscous	1 medium packet	1 large packet
cucumber	1	2
snacking tomatoes	1 medium packet	2 medium packets
carrot	1	2
chickpeas	1 packet	2 packets
green dressing	1 medium packet	1 large packet
parsley	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
water* (for the chickpeas)	½ cup	1 cup
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2069kJ (495Cal)	397kJ (95Cal)
Protein (g)	22.2g	4.3g
Fat, total (g)	10.9g	2.1g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	70g	13.4g
- sugars (g)	12.9g	2.5g
Sodium (mg)	988mg	189mg
Dietary Fibre (g)	17.4g	3.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Make the couscous

- In a medium saucepan, combine the **water (for the couscous)** and a generous pinch of **salt** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.

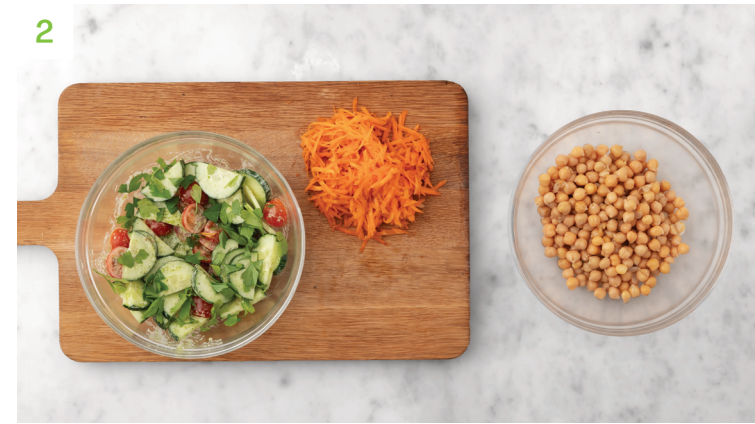
3



Cook the chickpeas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **chickpeas**, stirring, until tender, **2-3 minutes**.
- Add **garlic & herb seasoning** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**.
- Stir in the **water (for the chickpeas)** and simmer until slightly thickened, **1-2 minutes**.

2



Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons.
- Halve **snacking tomatoes**.
- Grate **carrot**.
- Drain and rinse **chickpeas**.
- In a medium bowl, place **cucumber**, **snacking tomatoes**, **green dressing** and a drizzle of **olive oil**. Tear over **parsley**. Season and toss to combine.

4



Serve up

- Divide couscous between bowls.
- Top with chickpeas and cherry tomato salad.
- Crumble over **fetta cubes** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



ADD BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate and stir through chickpeas before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

