

Herby Chickpea & Couscous Salad

with Harissa Hummus & Pepitas

SUMMER SALADS

NEW

Grab your meal kit with this number

17



Couscous



Garlic



Chickpeas



Snacking Tomatoes



Cucumber



Lemon



Hummus



Harissa Paste



Garlic & Herb Seasoning



Rocket Leaves



Pepitas



Haloumi



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 25-35 mins

 Calorie Smart

We're in our light and bright era so only a salad will do! These garlic and herb chickpeas are super hearty and are the star of this dish. When paired with a veggie-loaded couscous salad and with some stellar harissa hummus and pepitas, this ensemble presents a dish for the ages!

Pantry items

Olive Oil, Butter

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
couscous	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
boiling water*	¾ cup	1½ cups
garlic	2 cloves	4 cloves
chickpeas	1 packet	2 packets
snacking tomatoes	1 packet	2 packets
cucumber	1	2
lemon	½	1
hummus	1 medium packet	1 large packet
harissa paste	1 packet	2 packets
butter*	10g	20g
garlic & herb seasoning	1 medium sachet	1 large sachet
rocket leaves	1 small packet	2 small packets
pepitas	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2439kJ (583cal)	476kJ (93cal)
Protein (g)	20.1g	3.9g
Fat, total (g)	25.4g	5g
- saturated (g)	5.8g	1.1g
Carbohydrate (g)	61.4g	12g
- sugars (g)	7.6g	1.5g
Sodium (mg)	1144mg	223.4mg
Dietary Fibre (g)	18.2g	3.6g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



1



Cook the couscous

- Boil the kettle. To a medium bowl, add **couscous** and the **salt**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with fork and set aside.

3



Cook the chickpeas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chickpeas**, stirring, until slightly tender, **3-4 minutes**.
- Add the **butter, garlic & herb seasoning** and **garlic**, then cook until fragrant, **1 minute**.
- In a large bowl, combine a good squeeze of **lemon juice**, a good drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- To the dressing, add **couscous, cucumber, tomatoes** and **rocket leaves**. Toss to combine and season to taste.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Drain and rinse **chickpeas**.
- Halve **snacking tomatoes**.
- Thinly slice **cucumber** into rounds.
- Slice **lemon** into wedges.
- In a small bowl, combine **hummus, harissa paste** and a splash of **water**. Set aside.

4



Serve up

- Divide couscous salad between bowls then top with herby chickpeas.
- Dollop over harissa hummus and garnish with **pepitas**.
- Serve with remaining lemon wedges. Enjoy!

CUSTOM OPTIONS

+ ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

+ ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.

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

