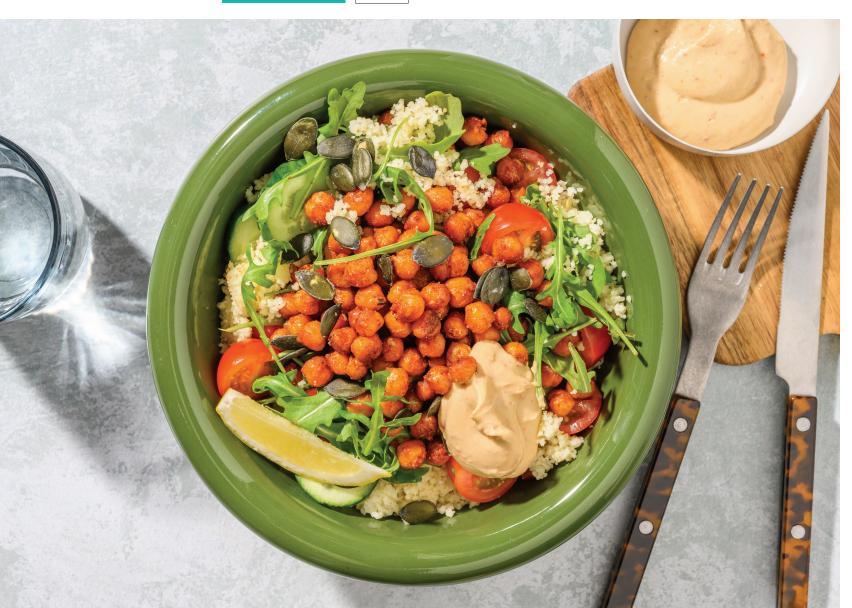


Herby Chickpea & Couscous Salad with Harissa Hummus & Pepitas

SUMMER SALADS



Grab your meal kit with this number













Chickpeas











Hummus

Harissa Paste



Seasoning



Rocket Leaves







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



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*	1/4 tsp	½ tsp
boiling water*	3/4 cup	1½ cups
garlic	2 cloves	4 cloves
chickpeas	1 packet	2 packets
snacking tomatoes	1 packet	2 packets
cucumber	1	2
lemon	1/2	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.



Cook the couscous

- Boil the kettle. To a medium bowl, add couscous and the salt.
- Add the **boiling water** (34 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.



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.



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.



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!







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



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

