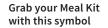


Cherry Tomato & Herb Couscous Tabbouleh with Baby Spinach















Cucumber

Snacking Tomatoes







Baby Spinach Leaves





Lemon

Prep in: 15 mins Ready in: 20 mins

Prepare to fall in love at first bite with this quick twist on regular tabbouleh. Couscous makes for a hearty base with cherry tomatoes combined with zesty lemon and fragrant herbs to bring the flavour.

Pantry items Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and

You will need

Large saucepan with a lid

Ingredients

	2 People
olive oil*	refer to method
garlic	2 cloves
butter*	20g
water*	¾ cup
couscous	1 medium packet
cucumber	1
snacking tomatoes	1 punnet
baby spinach leaves	1 medium bag
parsley	1 bag
mint	1 bag
lemon	1

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1232kJ (294Cal)	382kJ (91Cal)
Protein (g)	8.5g	2.6g
Fat, total (g)	9.7g	3g
- saturated (g)	5.7g	1.8g
Carbohydrate (g)	39.6g	12.3g
- sugars (g)	3.2g	1g
Sodium (mg)	88mg	27mg

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 garlic couscous

- · Finely chop garlic.
- In a large saucepan, melt the **butter** over medium-high heat. Cook **garlic** until fragrant, 1 minute.
- Add the water and bring to the boil. Add couscous and a drizzle of olive oil. Stir to combine, cover with a lid and remove from heat. Set aside until water is absorbed, 5 minutes. Fluff up with a fork. Set aside to cool slightly.



Get prepped

- Meanwhile, finely chop **cucumber**. Slice **snacking tomatoes** into quarters.
- Roughly chop baby spinach leaves and parsley leaves. Pick mint leaves, then thinly slice.
- Zest **lemon** to get a generous pinch, then cut into wedges.



Bring it all together

- When the couscous is slightly cooled, stir through cucumber, snacking tomatoes, spinach, parsley, mint and lemon zest. Add a squeeze of lemon juice and a generous drizzle of olive oil.
- · Toss to combine. Season with salt and pepper.

TIP: Save washing up and combine everything in the couscous saucepan!



Serve

- Transfer cherry tomato and herb couscous tabbouleh to a serving dish.
- Serve with remaining lemon wedges. Enjoy!



