



# Cherry Tomato & Herb Couscous Tabbouleh

with Baby Spinach

Grab your Meal Kit with this symbol



Garlic



Couscous



Cucumber



Snacking Tomatoes



Baby Spinach Leaves



Parsley



Mint



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 veggies a wash.

## You will need

Large saucepan with a lid

## Ingredients

	2 People
<b>olive oil*</b>	refer to method
garlic	2 cloves
<b>butter*</b>	20g
<b>water*</b>	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](https://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!

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## 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.

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## 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!

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## 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.

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## Serve

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

## Rate your recipe

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