

# Pesto & Tomato Pearl Couscous Salad

with Creamy Fetta & Almonds

Grab your Meal Kit with this symbol







**Pearl Couscous** 







Cherry Tomatoes



Lemon



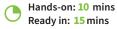


**Baby Spinach** 

Roasted Almonds









**Pantry items** Olive Oil

### 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

Medium saucepan

# Ingredients

<b>3</b>	
	2 People
olive oil*	refer to method
pearl couscous	1 packet
garlic & herb seasoning	1 sachet
water*	11/4 cup
cherry tomatoes	1 punnet
basil	1 punnet
lemon	1
basil pesto	1 sachet (50g)
baby spinach leaves	1 bag (60g)
roasted almonds	2 packets
fetta cubes	1 medium packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2106kJ (503Cal)	722kJ (172Cal)
Protein (g)	18.1g	6.2g
Fat, total (g)	27.9g	9.6g
- saturated (g)	5.6g	1.9g
Carbohydrate (g)	42.5g	14.6g
- sugars (g)	5.6g	1.9g
Sodium (mg)	843mg	289mg

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 pearl couscous

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **garlic & herb seasoning**, the **water** and a pinch of **salt**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**.



## Get prepped

While the couscous is cooking, halve the **cherry tomatoes**. Roughly chop the **basil**. Zest the **lemon** to get a pinch then slice into wedges.



#### Bring it all together

When the couscous is done, add the **basil pesto**, **tomatoes**, **baby spinach leaves**, **lemon zest** and a squeeze of **lemon juice** to the saucepan. Toss to combine and season to taste. Divide the **couscous salad** between two containers and top with **basil**. Refrigerate.



#### Serve up

At lunch, toss the pesto and tomato pearl couscous salad and season to taste. Top with the **roasted almonds** and crumbled **fetta cubes**. Serve with any remaining lemon wedges.

### Enjoy!