



Pesto & Tomato Pearl Couscous Salad

with Creamy Fetta & Almonds

Grab your Meal Kit with this symbol



Pearl Couscous



Garlic & Herb Seasoning



Cherry Tomatoes



Basil



Lemon



Basil Pesto



Baby Spinach Leaves



Roasted Almonds



Fetta Cubes



- Hands-on: **10 mins**
- Ready in: **15 mins**
- Calorie Smart

Got 15 quick minutes to give this lunch idea a go? We love the tender texture of pearl couscous combined with the sweetness of cherry tomatoes, basil pesto and creamy fetta cheese. It's the perfect salad to prep and take anywhere or make on the spot.

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

	2 People
olive oil*	refer to method
pearl couscous	1 packet
garlic & herb seasoning	1 sachet
water*	1¼ 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

*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.

1



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**.

3



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.

2



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.

4



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!