



# Spinach Falafel Couscous Salad

with Creamy Fetta & Almonds

Grab your Meal Kit with this symbol



Couscous



Vegetable Stock Pot



Tomato



Mint



Lemon



Spinach Falafel



Baby Spinach Leaves



Fetta Cubes



Roasted Almonds



Greek-Style Yoghurt

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

Lunch in less than 15 minutes? We've got you covered with spinach falafels tossed through a couscous salad and topped with creamy feta to bring you a meal full of rich and tasty flavours. Perfect to prep and take anywhere, or to be made on the spot for an instant lunch!

## 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.

## Ingredients

	<b>2 People</b>
olive oil*	refer to method
couscous	1 packet
vegetable stock pot	1 tub (20g)
boiling water*	¾ cup
tomato	1
mint	1 bunch
lemon	1
spinach falafel	1 tub
baby spinach leaves	1 bag (60g)
fetta cubes	1 small packet
roasted almonds	1 packet
Greek-style yoghurt	2 packets (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1985kJ (474Cal)	473kJ (113Cal)
Protein (g)	24.7g	5.9g
Fat, total (g)	24.7g	5.9g
- saturated (g)	5.2g	1.2g
Carbohydrate (g)	51.4g	12.2g
- sugars (g)	16.3g	3.9g
Sodium (mg)	2195mg	523mg

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.

1



## Make the couscous

Boil a kettle of water. Add the **couscous** and **vegetable stock pot** to a medium bowl. Add 3/4 cup **boiling water** and stir to combine. Immediately cover with a plate and set aside until water has absorbed, **5 minutes**. Fluff up with a fork and set aside.

2



## Get prepped

While the couscous is cooking, roughly chop the **tomato**. Pick and finely slice the **mint** leaves. Zest the **lemon** to get a generous pinch and then slice into wedges. Roughly chop the **spinach falafel**.

3



## Toss & pack

When you're ready to pack your lunch, stir the **tomato**, **baby spinach leaves**, **mint**, **lemon zest** and a generous squeeze of **lemon juice** through the **couscous**. Season with **salt** and **pepper** and divide between two microwavable containers. Sprinkle with the **fetta** and **roasted almonds** and top with the **falafel**. Pack the **Greek-style yoghurt** and **lemon wedges** separately. Refrigerate.

4



## Serve

When it's time for lunch, heat couscous salad in the microwave until piping hot, **2-3 minutes**. Serve with the Greek-style yoghurt and any remaining lemon wedges.

**TIP:** Serve the couscous salad cold if you would like!

## Enjoy!