



Herby Tabbouleh Salad

with Garlic Couscous

Grab your Meal Kit with this symbol



Garlic



Couscous



Cucumber



Tomato



Salad Leaves



Herbs



Lemon

Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 15 mins
Ready in: 20 mins

Try our version of a Middle Eastern staple – tabbouleh! Garlic-infused couscous is a hearty addition to this herb-flecked salad, while the squeeze of lemon juice adds a delightful zing to this side dish.

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
olive oil*	refer to method
garlic	2 cloves
butter*	20g
water*	¾ cup
couscous	1 packet
cucumber	1
tomato	1
salad leaves	1 bag (60g)
herbs	2 bunches
lemon	1
salt*	¼ tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1399kJ (334Cal)	385kJ (92Cal)
Protein (g)	8.6g	2.4g
Fat, total (g)	14.3g	3.9g
- saturated (g)	6.2g	1.7g
Carbohydrate (g)	37.7g	10.4g
- sugars (g)	5.5g	1.5g
Sodium (mg)	325mg	89mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the couscous

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



Bring it together

When the couscous has cooled slightly, stir through the **cucumber**, **tomato**, **salad leaves**, **herbs** and **lemon zest**. Add a squeeze of **lemon juice** and a generous drizzle of **olive oil**. Toss to combine, then add the **salt** and season with **pepper**. Slice the remaining **lemon** into wedges.



Get prepped

While the couscous is cooking, finely chop the **cucumber** and **tomato**. Roughly chop the **salad leaves**. Thinly slice the **herbs**. Zest the **lemon** to get a pinch, then slice in half.



Serve up

Transfer the herby couscous tabbouleh to a serving platter. Serve with the remaining lemon wedges.

Enjoy!