



Mint & Parsley Tabbouleh Salad

with Garlic Couscous

Grab your Meal Kit with this symbol



Garlic



Couscous



Cucumber



Tomato



Baby Spinach Leaves



Parsley



Mint



Lemon

 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 parsley-flecked salad, while the mint and squeeze of lemon juice add 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
baby spinach leaves	1 bag (60g)
parsley	1 bunch
mint	1 bunch
lemon	1
salt*	¼ tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1404kJ (335Cal)	389kJ (92Cal)
Protein (g)	8.7g	2.4g
Fat, total (g)	14.3g	4g
- saturated (g)	6.2g	1.7g
Carbohydrate (g)	37.8g	10.5g
- sugars (g)	5.5g	1.5g
Sodium (mg)	328mg	91mg

The quantities provided above are averages only.

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the couscous

Finely chop the **garlic**. In a large saucepan, melt the **butter** over a medium-high heat. Cook the **garlic** 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.

3



Bring it all together

When the couscous has cooled slightly, stir through the **cucumber**, **tomato**, **baby spinach**, **parsley**, **mint** 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.

2



Get prepped

While the couscous is cooking, finely chop the **cucumber** and **tomato**. Roughly chop the **baby spinach leaves** and **parsley** leaves. Pick the **mint** leaves and thinly slice. Zest the **lemon** to get a pinch, then slice in half.

4



Serve up

Transfer the mint and parsley couscous tabbouleh to a serving platter. Serve with the remaining lemon wedges.

Enjoy!