



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: 15 mins
- Ready in: 15 mins
- Calorie Smart

Got fifteen quick minutes to give this lunch idea a go? We love the tender texture of pearl couscous and combined with the burst of sweetness of cherry tomatoes, rich basil pesto and creamy fetta cheese, this is a salad to remember! Perfect to prep and take anywhere or 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.

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)	2114kJ (505Cal)	725kJ (173Cal)
Protein (g)	18.1g	6.2g
Fat, total (g)	27.2g	9.3g
- saturated (g)	5.7g	2g
Carbohydrate (g)	42.6g	14.6g
- sugars (g)	5.8g	2g
Sodium (mg)	841mg	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**.

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.

3



Bring it all together

When the couscous is cooked, 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 reusable containers and top with **basil**. Refrigerate.

4



Serve up

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

Enjoy!