



Cherry Tomato & Herb Couscous Tabbouleh

with Baby Spinach

Grab your Meal Kit
with this symbol



Garlic



Couscous



Cucumber



Cherry Tomatoes



Baby Spinach
Leaves



Parsley



Mint



Lemon



Hands-on: **15 mins**
Ready in: **20 mins**

Prepare to fall in love at first bite with this quick twist on regular tabbouleh. Couscous makes for a hearty base with cherry tomatoes combined with zesty lemon and fragrant herbs to bring the flavour.

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 lid

Ingredients

	2 People
olive oil*	refer to method
garlic	2 cloves
butter*	20g
water*	¾ cup
couscous	1 packet
cucumber	1
cherry tomatoes	1 punnet
baby spinach leaves	1 bag (60g)
parsley	1 bag
mint	1 bunch
lemon	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1423kJ (340Cal)	434kJ (104Cal)
Protein (g)	9.2g	2.8g
Fat, total (g)	13.8g	4.2g
- saturated (g)	6.2g	1.9g
Carbohydrate (g)	39.3g	12g
- sugars (g)	5.6g	12g
Sodium (mg)	327mg	100mg

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 garlic 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 3/4 cup **water** and bring to the boil (careful, it may spatter!). 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.

2



Get prepped

While the couscous is cooking, finely chop the **cucumber**. Cut the **cherry tomatoes** in quarters. Roughly chop the **baby spinach leaves** and **parsley**. Pick the **mint** leaves and thinly slice. Zest the **lemon** to get a generous pinch and cut into wedges.

3



Bring it together

When the couscous has cooled slightly, stir through the **cucumber**, **cherry tomatoes**, **baby spinach**, **parsley**, **mint** and **lemon zest**. Add a squeeze of **lemon juice** and a generous drizzle of **olive oil**. Toss to combine and season with **salt** and **pepper**.

TIP: Save washing up and combine everything in the couscous saucepan!

4



Serve

Transfer the tabbouleh to a serving dish. Serve with remaining lemon wedges.

Enjoy!