



Cooking Made Easy

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Pearled Couscous Salad

with Citrus & Fennel

Fennel and orange is a classic flavor combo. Pearled couscous provides the perfect base for refreshing herbs, salty feta, and crunchy pepitas.



35 min



level 2



veggie



Pearled Couscous



Celery



Orange



Pepitas



Feta Crumbles



Parsley



Fennel



Mint



Red Onion



Stock Concentrate



White Wine Vinegar

Ingredients	2 People	4 People
Pearled Couscous	1)	1 ½ C
Celery	1 stalk	2 stalks
Orange	1	2
Pepitas	1 oz	2 oz
Feta Crumbles	7)	½ C
Parsley	1 bunch	2 bunches
Fennel	1 bunch	2 bunches
Mint	1 sprig	2 sprigs
Red Onion	1	2
Stock Concentrate	1	2
White Wine Vinegar	2 T	4 T
Olive Oil*	2 T	4 T

*Not included

Allergens

1) Wheat

7) Milk

Ruler

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Nutrition per person Calories: 609 cal | Carbs: 82g | Fat: 26g | Protein: 19g | Fiber: 9g



1 Halve, peel, and thinly slice **half the onion**. Slice the **celery** as thin as possible. Halve the **fennel** lengthwise and remove the core. Then, thinly slice widthwise. Finely chop the **mint** and **parsley**.



2 Working over a bowl, zest the **orange** and peel it by running your knife between the white pith and the flesh with a small paring knife. Then, cut the orange into segments by holding the orange in one hand and with the other, cut along both sides of the membranes to release the segments. Squeeze the remaining orange to collect any extra **juice** for the dressing. Tear the segments into bite-sized pieces.



3 Heat 1 tablespoon **olive oil** in a pot over medium heat. Add **half the sliced onion** to the pan. Season with **salt** and **pepper**. Cook, tossing, for 4-5 minutes, until soft.



4 Meanwhile, toss **remaining sliced onion** in a bowl with the **white wine vinegar**; set aside.



5 When the onion is soft, add the **couscous** to the pot and toss until toasted, 1-2 minutes. Add the **stock concentrate** and 2 cups **water** to the pot, bring to a boil, then reduce to a simmer until couscous is al dente, 8-10 minutes. Drain any excess liquid.



6 Meanwhile, in a bowl, combine **couscous**, **orange zest**, **orange juice**, **orange segments**, **fennel**, **celery**, **mint**, **parsley**, and as much **pickled red onion** as you like. Toss and season with **salt** and **pepper**.

7 Drizzle with 1 tablespoon of **olive oil** and a sprinkle of **feta** and **pepitas**.

Tip Try toasting nuts and seeds in a dry pan, tossing constantly over low heat. Doing this releases their natural oils and adds an extra layer of flavor.