



Pesto & Cherry Tomato Israeli Couscous Salad

with Feta & Almonds

Grab your Meal Kit with this symbol



Israeli Couscous



Garlic & Herb Seasoning



Cherry Tomatoes



Basil



Lemon



Basil Pesto



Baby Spinach Leaves



Roasted Almonds



Feta

Hands-on: 15 mins
Ready in: 15 mins

Got fifteen quick minutes to give this lunch idea a go? Introducing a wholesome dish featuring Israeli couscous with silky baby spinach and basil pesto melted into it, plus a burst of sweetness from the cherry tomatoes. The only thing that could make this better is some crumbly feta to go over the top. Oh wait, we've got that too! Enjoy.

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
Israeli couscous	1 packet
garlic & herb seasoning	1 sachet
water*	1¼ cups
cherry tomatoes	1 punnet
basil	1 bunch
lemon	1
basil pesto	1 packet (50g)
baby spinach leaves	1 bag (60g)
roasted almonds	2 packets
feta	2 packets (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2633kJ (629Cal)	1007kJ (240Cal)
Protein (g)	20.4g	7.8g
Fat, total (g)	41g	15.7g
- saturated (g)	7.7g	2.9g
Carbohydrate (g)	43.8g	16.7g
- sugars (g)	3.9g	1.5g
Sodium (mg)	840mg	321mg

Allergens

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

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



Cook the couscous

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the **Israeli couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **garlic & herb seasoning** and the **water**, then season with **salt**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**.



Pack it up

When the couscous is done, add the **basil pesto**, **tomatoes**, **baby spinach leaves**, **lemon zest** and a squeeze of **lemon juice**. Toss to combine and season to taste. Divide the **couscous salad** between 2 reusable containers. Top with **basil** and any remaining **lemon wedges**. Refrigerate.



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.



Serve

At lunchtime, toss the pesto and cherry tomato Israeli couscous salad and season to taste. Top each salad with the **roasted almonds** and crumbled **feta**. Serve with the lemon wedges.

Enjoy!