



# Pesto & Cherry Tomato Israeli Couscous Salad

with Crumbly Cheese & Almonds

Grab your Meal Kit with this symbol



Israeli Couscous



Garlic & Herb Seasoning



Tinned Cherry Tomatoes



Parsley



Lemon



Basil Pesto




Baby Spinach Leaves



Roasted Almonds



Greek Salad Cheese/Feta Cheese

 Hands-on: **10 mins**  
Ready in: **15 mins**

Got 15 quick minutes to give this lunch idea a go? Introducing a wholesome dish featuring Israeli couscous with 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 cheese 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

	<b>2 People</b>
olive oil*	refer to method
Israeli couscous	1 packet
garlic & herb seasoning	1 sachet
water*	1 ¼ cups
tinned cherry tomatoes	1 tin
parsley	1 bag
lemon	½
basil pesto	1 packet (50g)
baby spinach leaves	1 bag (60g)
roasted almonds	2 packets
Greek salad cheese/feta cheese	1 packet (50g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2837kJ (678Cal)	711kJ (170Cal)
Protein (g)	22.2g	5.6g
Fat, total (g)	40.4g	10.1g
- saturated (g)	7.6g	1.9g
Carbohydrate (g)	52.8g	13.2g
- sugars (g)	10.7g	2.7g
Sodium (mg)	831mg	208mg

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://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

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Toast the **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**. Add the **garlic & herb seasoning** and 1 1/4 cups **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**.

3



## Pack it up

When the couscous is finished cooking, 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 two reusable containers. Top with **parsley** and any remaining **lemon wedges**. Refrigerate.

2



## Get prepped

While the couscous is cooking, drain the **tinned cherry tomatoes** and slice into halves. Roughly chop the **parsley**. Zest the **lemon** to get a pinch, then slice into wedges.

4



## Serve

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

## Enjoy!