



# Easy As Chickpea Couscous & Greek Salad

with Cherry Tomatoes & Fetta

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Couscous



Cucumber



Snacking Tomatoes



Chickpeas



Green Dressing



Parsley



Garlic & Herb Seasoning



Tomato Paste



Fetta Cubes



Chicken Breast



Beef Strips

Prep in: 15-25 mins  
Ready in: 25-35 mins

Calorie Smart

To amp things up a notch, we've swapped your standard rice for couscous, for a fluffy and fragrant delight. You've also got yourself some hearty chickpeas, Greek salad with fetta, and a luscious green dressing, all of which are major flavour powerhouses that give you a light, bright and tasty dish!

### Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (for the couscous)	1¼ cups	2½ cups
couscous	1 medium packet	1 large packet
cucumber	1	2
snacking tomatoes	1 packet	2 packets
chickpeas	1 packet	2 packets
green dressing	1 medium packet	1 large packet
parsley	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
<b>water*</b> (for the chickpeas)	½ cup	1 cup
fetta cubes	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2162kJ (517cal)	417kJ (80cal)
Protein (g)	24.1g	4.6g
Fat, total (g)	13.7g	2.6g
- saturated (g)	5.1g	1g
Carbohydrate (g)	67.2g	12.9g
- sugars (g)	9.5g	1.8g
Sodium (mg)	1180mg	227.4mg
Dietary Fibre (g)	16.2g	3.1g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Make the couscous

- In a medium saucepan, combine the **water (for the couscous)** and a generous pinch of **salt** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.

3



## Cook the chickpeas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chickpeas** until tender, **2-3 minutes**.
- Add **garlic & herb seasoning** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**.
- Stir in the **water (for the chickpeas)** and simmer until slightly thickened, **1-2 minutes**.

2



## Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons.
- Halve **snacking tomatoes**.
- Drain and rinse **chickpeas**.
- In a medium bowl, place **cucumber**, **snacking tomatoes**, **green dressing** and a drizzle of **olive oil**. Tear over **parsley**. Season and toss to combine.

4



## Finish & serve

- Divide couscous between bowls.
- Top with Mediterranean chickpeas and Greek salad.
- Crumble over **fetta cubes** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



## CUSTOM OPTIONS



### ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



### ADD BEEF STRIPS

Before cooking chickpeas, cook beef strips, in batches, 1-2 minutes. Return beef to pan after cooking chickpeas.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

