



# Greek Style Cheese and Couscous Salad

with cucumber, tomato and harissa aioli

Veggie Quick Cook 20 – 25 mins • Spicy

21



Couscous



Vegetable Stock



Tomato



Cucumber



Lemon



Harissa Paste



Honey



Aioli



Greek Style Cheese



Avocado



Parsley

Pantry Items: Oil, Salt, Pepper, Water, Sugar



Rate your recipe!

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Ingredients

	2P	4P
Couscous	100 g	250 g
Vegetable Stock	1 sachet	2 sachets
Tomato	2 units	4 units
Cucumber	2 units	4 units
Lemon	1 unit	2 units
Harissa Paste	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Aioli	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g
Avocado	1 unit	2 units
Parsley	5 g	10 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>531.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3204.9 kJ/ 766 kcal	603 kJ/ 144.1 kcal
Fat (g)	50.1 g	9.4 g
Sat. Fat (g)	13.1 g	2.5 g
Carbohydrate (g)	63.8 g	12 g
Sugars (g)	13.7 g	2.6 g
Protein (g)	47.5 g	8.9 g
Salt (g)	3.7 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.  
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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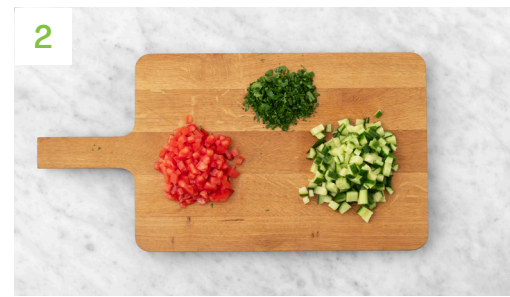


You can recycle me!



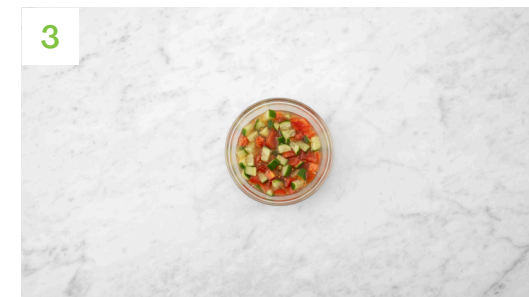
### Cook the Couscous

- Pop the **couscous** into a bowl.
- Stir in 200ml boiling **water** (500ml for 4p) and the **stock**.
- Cover with a plate or cling film.
- Leave aside for 8-10 mins (or until ready to serve).



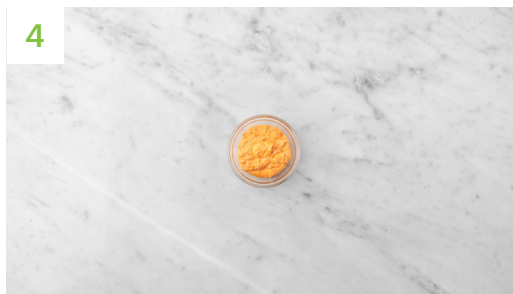
### Get Prepped

- Cut the **tomato** into 1cm chunks.
- Trim the **cucumber**, then quarter lengthways. Chop widthways into small pieces.
- Cut the **lemon** into quarters.
- Roughly chop the **parsley** (stalks and all).



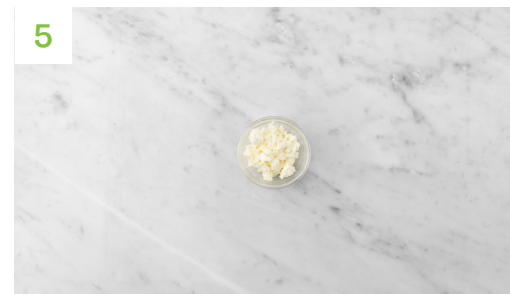
### Assemble the Salad

- In a large bowl, combine **half** the **harissa paste**, **honey**, a good squeeze of **lemon** juice and ½ tsp of **sugar** (double for 4p).
- Add the chopped **cucumber** and **tomato** to the bowl.
- Toss to coat in the dressing. Season with **salt** and **pepper**.



### Mix the Harissa Aioli

- Add the **aioli** and remaining **harissa paste** to a separate small bowl.
- Mix well to combine.



### Final Touches

- Crumble the **Greek style cheese**.
- Halve the **avocado** and remove the pit. Use a spoon to scoop out the flesh and chop into 1cm pieces.



### Serve and Enjoy

- Toss the **couscous** with the **tomatoes** and **cucumber**, **half** the **parsley** and the **avocado** until everything is equally distributed.
- Share the **couscous** between bowls.
- Top with the **Greek style cheese**.
- Finish with a sprinkling of the remaining **parsley** and a drizzle of **harissa aioli**.
- Serve with any remaining **lemon** wedges for squeezing over.

Enjoy!