



# Loaded Couscous Tomato Salad

with avocado and blue cheese

Veggie Quick Cook 20-25 mins

8



Pumpkin Seeds



Balsamic Vinegar



Blue Cheese



Onion



Tomato



Salad Leaves



Avocado



Coriander



Couscous



Lime



Honey



Vegetable Stock

Pantry Items: Oil, Salt, Pepper, Water

## Before you start

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

## Cooking tools you will need

Zester, Lid, Pot

## Ingredients

	2P	4P
Pumpkin Seeds	20 g	40 g
Balsamic Vinegar	1 sachet	2 sachets
Blue Cheese	60 g	120 g
Onion	½ unit	1 unit
Tomato	2 units	4 units
Salad Leaves	40 g	80 g
Avocado	1 unit	2 units
Coriander	5 g	10 g
Couscous	200 g	400 g
Lime	1 unit	2 units
Honey	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	425 g	100 g
Energy (kJ/kcal)	3155.2 kJ/ 754.1 kcal	742.4 kJ/ 177.4 kcal
Fat (g)	31.5 g	7.4 g
Sat. Fat (g)	9.1 g	2.2 g
Carbohydrate (g)	96.7 g	22.8 g
Sugars (g)	12.2 g	2.9 g
Protein (g)	23.8 g	5.6 g
Salt (g)	1.7 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

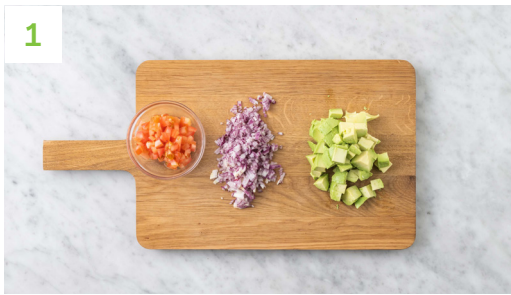
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Get Prepped

- Boil 400ml **water** (double for 4p) in a pot for the **couscous**. Add **stock**.
- When boiling, remove from heat, stir in the **couscous** and pop a lid on the pot. Leave to the side for 8-10 mins or until ready to serve.
- Halve, peel and chop half the **onion** (double for 4p) into small pieces. Cut the **tomato** into 1cm chunks.
- Halve the **avocado** and remove the pit. Cut into chunks. Scoop out the flesh with a spoon.

**TIP:** If you're in a hurry you can boil the water in your kettle.



## Plate Up

- Divide the **couscous** between your plates.
- Crumble the **blue cheese** on top.
- Garnish with the **pumpkin seeds**.

**TIP:** If you're not a fan of blue cheese this salad will still be delicious without.

## Enjoy!



## Toast the Seeds

- Zest the **lime** then halve and juice the **lime**.
- Finely chop half the fresh **coriander**, stalks and all (double for 4p).
- Place a pan (without oil) over high heat and toast the **pumpkin seeds** until they start to pop.



## Assemble the Salad

- In a large bowl, make a vinaigrette by mixing together 2 tbsp **oil** (double for 4p), **balsamic vinegar** and **honey**.
- Add 1 tsp **lime** juice and ½ tsp zest (double both for 4p).
- Mix the **couscous** and the chopped **onion** through the vinaigrette.
- Carefully mix in the **tomato**, **avocado**, chopped **coriander** and **salad leaves**. Season to taste with **salt** and **pepper**.