



JAN
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Mediterranean Couscous and Lentil Salad with Tahini-Lemon Dressing

Israeli couscous (also called 'pearl couscous') really doesn't get enough love. This Mediterranean-inspired salad with tahini-lemon dressing gives the humble couscous a makeover, and we think you're going to love the new look.



Lentils



Israeli Couscous



Carrot



Onion



Arugula



Lemon



Garlic



Mediterranean
Spice Blend



Tahini



Vegetable Broth
Concentrate



Mint

Ingredients

	2 People	4 People
Green Lentils, canned	1 can	2 cans
Israeli Couscous	1 pkg (170 g)	2 pkg (340 g)
Carrot	1	2
Onion, diced	1 pkg (56 g)	2 pkg (113 g)
Arugula	1 pkg (56 g)	2 pkg (113 g)
Lemon	1	2
Garlic	1 pkg (10 g)	2 pkg (20 g)
Mediterranean Spice Blend	1 pkg (2 tsp)	2 pkg (4 tsp)
Tahini	1 pkg (1/3 cup)	2 pkg (2/3 cup)
Vegetable Broth Concentrate	1 pkg	2 pkg
Mint	1 pkg (14 g)	2 pkg (14 g)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Sesame/Sésame

Tools

Medium Pot, Zester, Strainer, Large Pan, Large Bowl, Whisk, Measuring Spoons

Ruler

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Nutrition per person Calories: 808 cal | Fat: 32 g | Protein: 26 g | Carbs: 108 g | Fiber: 15 g | Sodium: 611 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Cut the **carrot** into 1/4-inch rounds. Mince or grate the **garlic**. Zest, then juice the **lemon**. Drain and rinse the **lentils**.

4



2 Cook the couscous: Add the **couscous** to the boiling water. Cook until the couscous is tender, 9-10 min.

3 Meanwhile, heat a large pan over medium heat. Add a drizzle of **oil**, then the **onion** and **carrot**. Cook until the onion is golden-brown and the carrot is tender, 6-7 min. Add the **lentils**, **vegetable broth concentrate(s)** and **spice blend**. Stir until warmed through, 1-2 min. Remove from the heat.

4 Make the dressing: In a large bowl, whisk the **tahini**, **lemon juice**, **lemon zest**, **garlic**, and **3 tbsp water** (double for 4 people) with a generous drizzle of **oil**. Season with **salt** and **pepper**.

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5 Assemble the salad: Drain the **couscous**. Add to the **dressing** along with the **lentil mixture**. Gently toss in the **arugula**. Divide between bowls and tear over the **mint leaves**. Enjoy!

NUTRITIONAL FACT: Tahini, a Middle-Eastern ingredient made of sesame seeds, is a good source of Thiamine. Also known as Vitamin B1, it is imperative for healthy brain and nervous system function!

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