



**READY TO COOK**  
BY HARRIS FARM

CREATE THIS MEAL WITH...

**DAVE'S RECIPE BOX**

# FALAFEL AND COUSCOUS SALAD ROLL



PREP  
**10 min**



COOK  
**20 min**



SERVES  
**4**

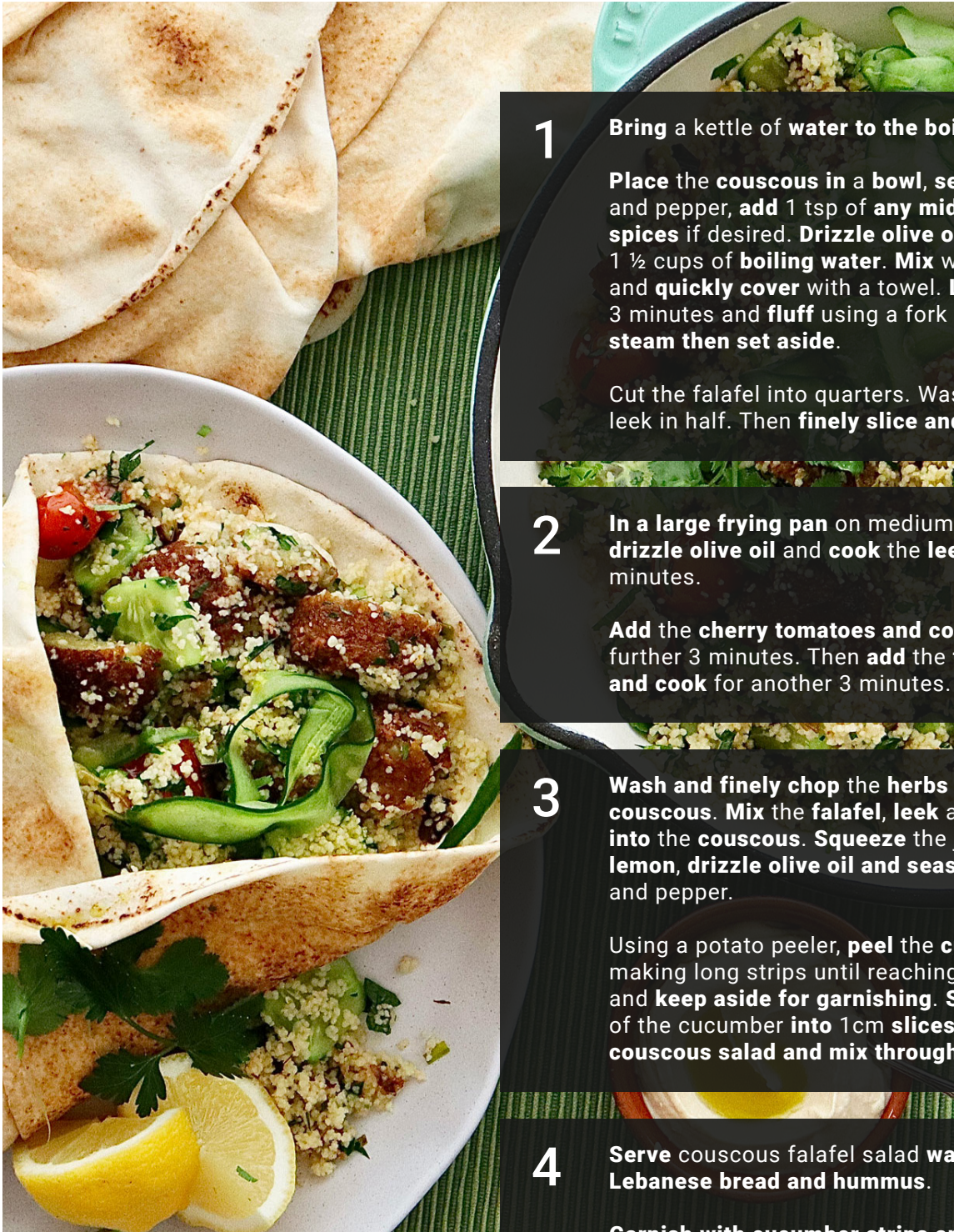
## INGREDIENTS:

- > 1 ½ Cups Couscous
- > 1 Leek
- > 200g Cherry Tomatoes
- > 200g Falafel
- > 1 Lebanese Cucumber
- > ¼ Parsley Bunch
- > ½ Mint Bunch
- > 250g Hummus
- > 7 x Lebanese Bread
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil

# METHOD - GET COOKING!



1

**Bring a kettle of water to the boil.**

**Place the couscous in a bowl, season with salt and pepper, add 1 tsp of any middle eastern spices if desired. Drizzle olive oil and add 1 ½ cups of boiling water. Mix with a fork and quickly cover with a towel. Let it sit for 3 minutes and fluff using a fork to release steam then set aside.**

Cut the falafel into quarters. Wash and cut the leek in half. Then **finely slice and set aside.**

2

**In a large frying pan on medium high heat, drizzle olive oil and cook the leek for 3 minutes.**

**Add the cherry tomatoes and cook for a further 3 minutes. Then add the falafel pieces and cook for another 3 minutes.**

3

**Wash and finely chop the herbs and add to the couscous. Mix the falafel, leek and tomatoes into the couscous. Squeeze the juice of ½ lemon, drizzle olive oil and season with salt and pepper.**

Using a potato peeler, **peel the cucumber** making long strips until reaching the core and **keep aside for garnishing. Slice the core of the cucumber into 1cm slices, add to the couscous salad and mix through.**

4

**Serve couscous falafel salad warm with fresh Lebanese bread and hummus.**

**Garnish with cucumber strips and lemon wedges.**

## CHEF'S TIPS FOR COOKING AND LEFTOVERS...

- Use any type of Mediterranean spices to spice your couscous salad.
- Use leftover couscous as a side dish on any roast dinners or in another delicious salad.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
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