



APR
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Harissa-Roasted Carrot and Avocado Salad

with Israeli Couscous

Spicy harissa dressing pairs deliciously with sweet carrots and golden avocado in this hearty dinner salad. Mixed with Israeli couscous and topped with sour cream, this is one dish you won't soon forget!



Israeli Couscous



Carrot



Avocado



Arugula



Garlic



Lemon



Thyme



Sour Cream



Harissa Paste




Vegetable Broth Concentrate



Middle Eastern Salad Topper

Ingredients

		2 People
Israeli Couscous	1)	1 pkg (170 g)
Carrot, sticks		1 pkg (340 g)
Avocado		1
Arugula		1 pkg (56 g)
Garlic		1 pkg (10 g)
Lemon		1
Thyme		1 pkg (10 g)
Sour Cream	2)	1 pkg (3 tbsp)
Harissa Paste 		1 pkg (1 tbsp)
Vegetable Broth Concentrate		1 pkg
Middle Eastern Salad Topper		1 pkg (28 g)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Medium Pot, Zester, Measuring Spoons, Medium Bowl, Whisk, Baking Sheet, Small Pan, Strainer

Ruler

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Nutrition per person Calories: 718 cal | Fat: 26 g | Protein: 20 g | Carbs: 108 g | Fibre: 16 g | Sodium: 410 mg

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

2



1 Preheat the oven to 425°F (to roast the carrots). Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Mince or grate the **garlic**. Zest, then juice the **lemon**. Strip **1½ tbsp thyme leaves** from the stems.

3



3 Make the dressing: In a medium bowl, whisk together the **garlic**, **lemon zest**, **lemon juice**, **thyme** and as much **harissa** as you like and a drizzle of **oil**. Season with **salt** and **pepper**.

4 Roast the carrots: Toss the **carrots** on a parchment-lined baking sheet with **half the dressing**. Roast in the centre of the oven, stirring halfway through, until golden-brown, 20-23 min.

4




5 Cook the Israeli couscous: Meanwhile, add the **couscous** to the boiling water. Cook until tender, 6-8 min.

6 Cook the avocado: Heat a small pan over medium-high heat. Halve and pit the **avocado**. Place the avocado halves, cut-side down, on the dry pan. Cook until the bottoms are golden-brown, 1-2 min. Set aside on a plate.

7 Finish the salad: Add the **arugula** and **carrots** to the bowl with the **remaining dressing**. Carefully peel the skin from the **avocado halves**, then thinly slice.

8 Finish and serve: Drain and rinse the **couscous** under cold water. Return to the pot. Stir in the **broth concentrate**. Divide the couscous between plates and top with the **salad** and **avocado slices**. Sprinkle with the **salad topper** and dollop with **sour cream**. Enjoy!

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