



uCOOK

Summer Pesto & Couscous Bowl

with peas & spring onion

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	857.6kJ	3001.5kJ
Energy	205.1kcal	717.9kcal
Protein	7g	24.3g
Carbs	16.8g	58.7g
of which sugars	2.7g	9.5g
Fibre	3.1g	11g
Fat	11.4g	39.9g
of which saturated	3g	10.4g
Sodium	246.9mg	864.2mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
60g	80g	Pitted Kalamata Olives <i>drain & cut in half</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
150g	200g	Peas
2	2	Spring Onions <i>rinse, trim & finely slice</i>
150ml	200ml	Pesto Princess Basil Pesto
30g	40g	Sunflower Seeds
15g	20g	Crispy Onion Bits
90g	120g	Danish-style Feta <i>drain</i>

From Your Kitchen

Seasoning (Salt & Pepper)
Water

- 1. QUICK COUSCOUS** Boil the kettle. Place the couscous in a bowl with 225ml [300ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.
- 2. LOAD WITH FLAVOUR** When the couscous is done, toss with the olives, the cucumber, the peas, the spring onion, the basil pesto, and seasoning.
- 3. FRESHNESS ON A PLATE** Dish up the loaded pesto couscous and crumble over the feta. Sprinkle over the seeds and crispy onions.