

Eat Within 4 Days

Feta & Citrus Lunch Bowl

with couscous & walnuts

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Lunch: Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	689kJ	3538kJ
Energy	165kcal	846kcal
Protein	6.4g	32.9g
Carbs	19g	98g
of which sugars	5.6g	28.7g
Fibre	3.7g	19.2g
Fat	6.7g	34.6g
of which saturated	2.8g	14.6g
Sodium	89mg	457mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
30ml	40ml	Lemon Juice
90ml	125ml	Crème Fraîche
3	4	Naartjies *rinse, peel & separate into segments (reserving any juice)*
180g	240g	Tinned Lentils *drain & rinse*
120g	160g	Danish-style Feta *drain*
300g	400g	Cucumber *rinse & cut into half-moons*
60g	80g	Walnuts

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. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CITRUS SAUCE Combine the lemon juice (to taste) with the crème fraîche and seasoning. Loosen with a splash of water and set aside.

3. LUNCH IS SERVED To the bowl of couscous, toss through the lentils, the feta, the citrus pieces (and any reserved juice), and the cucumber. Drizzle over the tangy crème fraîche and garnish with the walnuts.