



Eat Within 4 Days

UCCOOK

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	88.9mg	456.7mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3 [Serves 4]

300g	400g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Walnuts
180g	240g	Tinned Lentils <i>drain & rinse</i>
30ml	40ml	Lemon Juice
2	2	Naartjies <i>rinse, peel & cut into segments (reserving any juice)</i>
90ml	120ml	Crème Fraîche
120g	160g	Danish-style Feta <i>drain</i>
225ml	300ml	Couscous

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. Cut the citrus segments in half 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.