



UCOOK

Tangy Carrot & Lentil Salad

with pitted green olives, dates & sunflower seeds

Show your colleagues how a veggie-forward lunch is done with this fluffy couscous meal, loaded with lentils and dotted with briny olives, crunchy sunflower seeds, sweet dates, julienne carrots & greens. A lemon-yoghurt dressing coats everything in deliciousness.

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Serves: 4 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

300ml	Couscous
480g	Tinned Lentils <i>drain & rinse</i>
300g	Julienne Carrots
80g	Pitted Green Olives <i>drain & cut in half</i>
80g	Salad Leaves <i>rinse & roughly shred</i>
200ml	Low Fat Plain Yoghurt
40ml	Lemon Juice
40g	Sunflower Seeds
80g	Pitted Dates <i>roughly chop</i>

From Your Kitchen

Salt & Pepper
Water

1. FLUFFY COUSCOUS Boil the kettle. Place the couscous in a bowl with 300ml of boiling water. Season, cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. LOAD IT WITH FLAVOUR To the bowl of cooked couscous, add the lentils, the julienne carrots, the halved olives, the rinsed shredded salad leaves, and seasoning. In a separate bowl, combine the yoghurt, the lemon juice (to taste), seasoning, and water in 5ml increments until drizzling consistency.

3. DRIZZLE, DATES, AND DONE! Drizzle the lemon yoghurt dressing over the couscous. Finish with a scattering of the seeds and the chopped dates. Dig in, Chef!

Nutritional Information

Per 100g

Energy	739kj
Energy	177kcal
Protein	9.1g
Carbs	29g
of which sugars	6.2g
Fibre	7.1g
Fat	2.5g
of which saturated	0.4g
Sodium	98.2mg

Allergens

Gluten, Wheat, Sulphites, Cow's Milk

Eat
Within
2 Days