



UCCOOK

Turkish Apricot & Almond Couscous

with goat's cheese & pitted dates

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 832kJ | 2169kJ |
| Energy | 199kcal | 519kcal |
| Protein | 8.8g | 23g |
| Carbs | 26g | 67g |
| of which sugars | 7.8g | 20.3g |
| Fibre | 3.5g | 9g |
| Fat | 6g | 15.6g |
| of which saturated | 2.3g | 6g |
| Sodium | 56mg | 146mg |

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 225ml | 300ml | Couscous |
| 120g | 160g | Fruit & Nut Mix <i>45g [60g] Dried Apricots, 45g [60g] Almonds & 30g [40g] Pitted Dates)</i> |
| 60g | 80g | Green Leaves <i>rinse & roughly shred</i> |
| 150g | 200g | Cucumber <i>rinse & roughly dice</i> |
| 90g | 120g | Chevin Goat's Cheese |
| 150ml | 200ml | Lemon Yoghurt <i>(120ml [160ml] Greek Yoghurt & 30ml [40ml] Lemon Juice)</i> |

From Your Kitchen

Seasoning (salt & pepper)

Water

1. STEAMED COUSCOUS Boil the kettle. Place the couscous in a bowl with about 225ml [300ml] of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. TASTY TURKISH LUNCH Roughly chop the dates and the apricots in the fruit & nut mix. Toss the green leaves, the cucumber, and the fruit & nut mix through the couscous. Crumble over the goat's cheese, and dollop over the lemon yoghurt. Season and enjoy, Chef!