



# UCOOK

## Apple & Pecan Couscous Bowl

**with peas, mozzarella & crispy onion bits**

Today, you will be more than prepared for lunch, Chef. Fluffy couscous is dotted with plump peas, crispy onion bits, fresh greens, mozzarella & pecan nuts. And, of course, apple!

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**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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\*New Lunch

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## Ingredients & Prep

225ml	Couscous
50g	Peas
30g	Rocket 30g
3	Apples
120g	Mozzarella Cheese
60g	Pecan Nuts
1	Crispy Onions
240ml	Creamy Dressing (45ml Dijon Mustard, 150ml Kewpie Mayo & 45ml Honey)

## From Your Kitchen

Salt & Pepper  
Water

**1. COUSCOUS & CORN** Boil the kettle. Place the couscous and the peas in a bowl with 225ml of boiling water. Season, cover, and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. LUNCH IS READY** In a salad bowl, combine the fluffy couscous & peas, the rinsed green leaves, the diced apple, the mozzarella cubes, the nuts, the crispy onion bits, and seasoning. Drizzle over the creamy dressing and enjoy!

## Nutritional Information

Per 100g

Energy	1042kJ
Energy	249kcal
Protein	5.2g
Carbs	23g
of which sugars	9.3g
Fibre	3.6g
Fat	7.9g
of which saturated	1.9g
Sodium	105mg

## Allergens

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

Eat  
Within  
4 Days