



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!