



UCCOOK

Spring Pesto & Couscous Bowl

with corn & spring onion

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	864kJ	3069kJ
Energy	207kcal	734kcal
Protein	6.6g	23.3g
Carbs	18g	63g
of which sugars	2.4g	8.5g
Fibre	2.6g	9.3g
Fat	11.2g	39.9g
of which saturated	2.9g	10.4g
Sodium	242.3mg	860.1mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
60g	80g	Pitted Kalamata Olives <i>drain & cut in half</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
150g	200g	Corn
2	2	Spring Onions <i>rinse, trim & finely slice</i>
150ml	200ml	Pesto Princess Basil Pesto
45ml	60ml	Salad Crunch Mix <i>(30ml [40ml] Sunflower Seeds & 15ml [20ml] Crispy Onion Bits)</i>
90g	120g	Danish-style Feta <i>drain</i>
15g	20g	Fresh Parsley <i>rinse, pick & roughly chop</i>

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. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.
- 2. LOAD WITH FLAVOUR** When the couscous is done, toss with the olives, the cucumber, the corn, the spring onions, the basil pesto, and seasoning.
- 3. FRESHNESS ON A PLATE** Dish up the loaded pesto couscous and crumble over the feta. Sprinkle over the salad crunch mix and garnish with the parsley.