



UCCOOK

Turkish Apricot & Almond Couscous

with goat's cheese & pitted dates

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	844kj	2284kj
Energy	202kcal	546kcal
Protein	8.6g	23.3g
Carbs	27g	73g
of which sugars	9.7g	26.2g
Fibre	3.6g	9.8g
Fat	5.8g	15.7g
of which saturated	2.2g	6g
Sodium	54mg	147mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
20g	40g	Green Leaves <i>rinse & roughly shred</i>
50g	100g	Fruit & Nut Mix <i>(20g [40g] Dried Apricots, 15g [30g] Almonds & 15g [30g] Pitted Dates)</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
30g	60g	Chevin Goat's Cheese
50ml	100ml	Lemon Yoghurt <i>(40ml [80ml] Greek Yoghurt & 10ml [20ml] Lemon Juice)</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. STEAMED COUSCOUS Boil the kettle. Place the couscous in a bowl with about 75ml [150ml] 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!