



UCCOOK

Pineapple Couscous Bowl

with macadamia nut yoghurt

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	501kJ	1773kJ
Energy	120kcal	424kcal
Protein	3.4g	12g
Carbs	18g	64g
of which sugars	6.1g	21.6g
Fibre	2.5g	8.8g
Fat	2.9g	10.2g
of which saturated	1.8g	6.4g
Sodium	21.2mg	74.9mg

Allergens: Gluten, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
300g	400g	Cucumber <i>rinse & roughly dice</i>
60g	80g	Salad Leaves <i>rinse</i>
30g	40g	Toasted Coconut Flakes
60g	80g	Piquanté Peppers <i>drain</i>
240g	320g	Pineapple Chunks
150ml	200ml	ButtaNutt Macadamia Nut Yoghurt
8g	10g	Fresh Mint <i>rinse & roughly chop</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. Toss through the cucumber, the salad leaves, the coconut flakes, and the peppers.

2. PINEAPPLE! Top the loaded couscous with the pineapple chunks. Drizzle over the macademia nut yoghurt. Garnish with the mint.