



# 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	877kJ	2374kJ
Energy	210kcal	568kcal
Protein	8.7g	23.5g
Carbs	28g	77g
of which sugars	9.7g	26.2g
Fibre	4.6g	12.4g
Fat	6.2g	16.7g
of which saturated	2.4g	6.6g
Sodium	54mg	146mg

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

**Spice Level:** None

Eat Within 4 Days

### Ingredients & Prep Actions:

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

### 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!