



UCCOOK

Chorizo & Beetroot Bowl

with couscous & green leaves

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	923kJ	2096kJ
Energy	221kcal	501kcal
Protein	8.9g	20.3g
Carbs	22g	50g
of which sugars	2.3g	5.3g
Fibre	2.9g	6.5g
Fat	9.2g	21g
of which saturated	4.9g	11.2g
Sodium	212mg	481mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Alcohol, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Green Leaves <i>rinse</i>
75g	150g	Julienne Beetroot
30g	60g	Sliced Pork Chorizo <i>roughly chop</i>
10ml	20ml	Lemon Juice
40ml	80ml	Crème Fraîche
75ml	150ml	Couscous

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. **ZESTY & CREAMY** In a bowl, combine the crème fraîche with the lemon juice (to taste). Season and loosen with water in 5ml increments until a drizzling consistency. Set aside.
3. **SENSATIONAL SALAD** In a bowl, toss the chorizo through the couscous along with the beetroot and leaves. Drizzle with the lemon crème and dig in!