



UCCOOK

Pineapple Couscous Bowl

with macadamia nut yoghurt

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

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 1 [Serves 2]

75ml	150ml	Couscous
100g	200g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Salad Leaves <i>rinse</i>
10g	20g	Toasted Coconut Flakes
20g	40g	Piquanté Peppers <i>drain</i>
80g	160g	Pineapple Chunks
50ml	100ml	ButtaNutt Macadamia Nut Yoghurt
3g	5g	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 75ml [150ml] 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.