



UCOOK

Summer Mango Couscous Bowl

with fresh mint & coconut yoghurt

This lunch is a beachy, summer holiday on a plate, Chef! Sweet, juicy mango chunks adorn a bed of fluffy couscous, together with refreshing rounds of cucumber, greens, & piquanté peppers. Garnished with toasted coconut flakes, fresh mint & a creamy coconut yoghurt.

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 3 People

Chef: Samantha du Toit

*New Lunch

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Ingredients & Prep

225ml	Couscous
300g	Cucumber <i>rinse & roughly dice</i>
30g	Green Leaves <i>rinse</i>
30g	Toasted Coconut Flakes
60g	Piquanté Peppers <i>drain</i>
240g	Mango Chunks
150ml	Coconut Yoghurt
8g	Fresh Mint <i>rinse & roughly chop</i>

From Your Kitchen

Salt & Pepper
Water

1. STEAMED COUSCOUS Boil the kettle. Place the couscous in a bowl with about 225ml of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Toss through the diced cucumber, the rinsed green leaves, the coconut flakes, and the drained peppers.

2. MMMANGO! Top the loaded couscous with the mango chunks. Drizzle over the coconut yoghurt. Garnish with the chopped mint.

Nutritional Information

Per 100g

Energy	536kj
Energy	128kcal
Protein	3.5g
Carbs	20g
of which sugars	6.9g
Fibre	2.7g
Fat	2.6g
of which saturated	2.3g
Sodium	24.8mg

Allergens

Gluten, Wheat, Sulphites

Eat
Within
1 Day