



UCCOOK

Cajun Couscous & Biltong Bowl

with Danish-style feta & a lemon yoghurt dressing

Hands-on Time: 5 minutes

Overall Time: 6 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	817.1kJ	2019.3kJ
Energy	195.4kcal	483kcal
Protein	17.4g	42.9g
Carbs	16.6g	41.1g
of which sugars	4g	9.8g
Fibre	1.6g	4g
Fat	5.4g	13.3g
of which saturated	2.7g	6.6g
Sodium	587mg	1450.6mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Couscous
5ml	10ml	NOMU Cajun Rub
40ml	80ml	Low Fat Plain Yoghurt
15ml	30ml	Lemon Juice
30g	60g	Piquanté Peppers <i>drain</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Beef Biltong
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Seasoning (Salt & Pepper)
Water

- 1. CAJUN COUSCOUS** Boil the kettle. Place the couscous and the NOMU rub in a bowl with about 75ml [150ml] of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.
- 2. ZESTY DRESSING** In a small bowl, combine the yogurt, the lemon juice (to taste), and seasoning.
- 3. TASTY SALAD** To the bowl with the Cajun couscous, add the peppers and the salad leaves. Scatter over the biltong, crumble over the feta, and drizzle over the lemon yogurt dressing.