



UCCOOK

Curried Couscous Salad

with lentils & almonds

Hands-on Time: 5 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|-----------|-------------|
| Energy | 825.6kJ | 3175.4kJ |
| Energy | 197.4kcal | 759.3kcal |
| Protein | 10.1g | 38.7g |
| Carbs | 23.9g | 91.8g |
| of which sugars | 5.5g | 21.1g |
| Fibre | 5.3g | 20.5g |
| Fat | 5.9g | 22.6g |
| of which saturated | 2.2g | 8.3g |
| Sodium | 98mg | 376.9mg |

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 75ml | 150ml | Couscous |
| 60g | 120g | Tinned Lentils <i>drain & rinse</i> |
| 5ml | 10ml | Medium Curry Powder |
| 80ml | 160ml | Greek Yoghurt |
| 1 | 1 | Spring Onion <i>rinse, trim & finely slice</i> |
| 20g | 40g | Golden Sultanas |
| 80g | 160g | Baby Tomatoes <i>rinse & halve</i> |
| 30g | 60g | Danish-style Feta <i>drain</i> |
| 20g | 40g | Almonds |

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. **LET'S BEGIN** Boil the kettle. Place the couscous and lentils in a bowl with 75ml [150ml] of boiling water and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. **CREAMY CURRY SALAD** In a small bowl, combine the curry powder and the yoghurt. Loosen with water in 5ml increments until drizzling consistency. Season and set aside. In a separate bowl, combine the couscous and lentils, the coriander, the sultanas, the tomatoes, and season.

3. **TIME TO DIG IN** Drizzle over the curried yoghurt. Crumble over the feta and scatter over the nuts. Aitsa, Chef!