



UCCOOK

Cajun Couscous & Biltong Bowl

with Danish-style feta & a lemon yoghurt dressing

Hands-on Time: 8 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

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 3	[Serves 4]	
150ml	200ml	Couscous
15ml	20ml	NOMU Cajun Rub
125ml	160ml	Low Fat Plain Yoghurt
45ml	60ml	Lemon Juice
90g	120g	Piquanté Peppers <i>drain</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Beef Biltong
90g	120g	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 225ml [300ml] 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.