



UCOOK

Spiced Chicken Mince & Couscous

with dried apricots, cashew nuts & minted yoghurt

Putting classic flavours together in a fresh way is what we do! A bed of couscous is loaded with cucumber, toasted cashew nuts & dried apricots. Topped with a flavourful chicken mince mixture, and drizzled with minty yoghurt.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Megan Bure

Simple & Save

Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

225ml	Couscous
15ml	Vegetable Stock
60g	Nut & Apricot Mix <i>(30g Cashew Nuts & 30g Dried Apricots)</i>
2	Onions <i>peel & roughly dice 1½</i>
450g	Free-range Chicken Mince
30ml	NOMU Moroccan Rub
150g	Cucumber <i>rinse & roughly dice</i>
125ml	Low Fat Plain Yoghurt
8g	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. FLAVA FLAV COUSCOUS Boil the kettle. Place the couscous in a bowl with the stock and 225ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. FRUITY, NUTTY & TOASTY Roughly chop the nut & apricot mix. Place the chopped nuts & apricots in a pan over medium heat. Toast until the nuts are golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRUITY CHICKEN MINCE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Add the mince and the NOMU rub, working quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, mix through ½ the toasted nuts & apricots. Season and set aside.

4. LOADED COUSCOUS When the couscous is done, toss through the diced cucumber and the remaining chopped nuts & apricots. Set aside.

5. YOGHURT DRIZZLE In a small bowl, combine the yoghurt with ½ the chopped mint and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

6. THAT'S ALL, CHEF! Plate up the loaded couscous and top with the apricot mince mixture. Drizzle over the minted yoghurt and garnish with the remaining mint. Yum!

Nutritional Information

Per 100g

Energy	564kJ
Energy	135kcal
Protein	8.4g
Carbs	16g
of which sugars	3.5g
Fibre	2g
Fat	3.7g
of which saturated	1g
Sodium	219mg

Allergens

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

Eat
Within
1 Day