



# 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:** 2 People

---

**Chef:** Samantha du Toit

---

\*New Lunch

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150ml	Couscous
200g	Cucumber <i>rinse &amp; roughly dice</i>
20g	Green Leaves <i>rinse</i>
20g	Toasted Coconut Flakes
40g	Piquanté Peppers <i>drain</i>
160g	Mango Chunks
100ml	Coconut Yoghurt
5g	Fresh Mint <i>rinse &amp; roughly chop</i>

From Your Kitchen

Salt & Pepper  
Water

**1. STEAMED COUSCOUS** Boil the kettle. Place the couscous in a bowl with about 150ml 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