



UCOOK

Stonefruit & Couscous Bowl

with chickpeas, basil & mint

Surprising flavours are delicately balanced to create a refreshing, nutritious lunch that incorporates stonefruit in such an interesting way, it will brighten your day, Chef! Fluffy couscous is loaded with nutty chickpeas, juicy stonefruit, peppery basil, cooling mint, & cucumber. Finished with a nut mix for texture.

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Serves: 4 People

Chef: Jemimah Smith

***New Lunch**

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Ingredients & Prep

300ml	Couscous
10g	Fresh Mint <i>rinse, pick & roughly chop</i>
10g	Fresh Basil <i>rinse, pick & roughly tear</i>
400g	Cucumber <i>rinse & roughly dice</i>
4	Stonefruit <i>rinse & roughly dice, discarding the pip</i>
480g	Chickpeas <i>drain & rinse</i>
200ml	Coconut Yoghurt
80g	Nut Mix <i>(40g Almonds & 40g Toasted Coconut Flakes)</i>

From Your Kitchen

Salt & Pepper
Water

1. LUNCH IS ON THE WAY Boil the kettle. Place the couscous in a bowl with about 300ml of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. COOL AS A CUCUMBER Add the chopped cucumber, the stonefruit wedges, the drained chickpeas, and ½ the, chopped mint, and ½ the torn basil to the fluffed couscous. Season.

3. LOOK AT THAT, CHEF! Dollop over the yoghurt and scatter over the remaining herbs and the nut mix.

Nutritional Information

Per 100g

Energy	548kj
Energy	131kcal
Protein	4.8g
Carbs	18g
of which sugars	4.5g
Fibre	3.5g
Fat	2.6g
of which saturated	1.8g
Sodium	12.4mg

Allergens

Gluten, Wheat, Tree Nuts

Eat
Within
4 Days