



# UCCOOK

## Apple & Pecan Couscous Bowl

with peas, mozzarella & crispy onion bits

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 1 & 2

**Chef:** Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1042kJ	4936kJ
Energy	249kcal	1181kcal
Protein	5.2g	24.6g
Carbs	23g	107g
of which sugars	9.3g	44.1g
Fibre	3.6g	17.2g
Fat	7.9g	37.5g
of which saturated	1.9g	9.1g
Sodium	105mg	497mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	40ml	Couscous
50g	20g	Peas
10g	80g	Green Leaves <i>rinse</i>
1	100g	Apple/s <i>rinse, core &amp; roughly dice</i>
40g	40g	Mozzarella Cheese <i>cut into small cubes</i>
20g	2	Pecan Nuts
20ml	150ml	Crispy Onion Bits
80ml	160ml	Creamy Dressing <i>(15ml [30ml] Dijon Mustard, 50ml [100ml] Kewpie Mayo &amp; 15ml [30ml] Honey)</i>

From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **COUSCOUS & CORN** Boil the kettle. Place the couscous and the peas in a bowl with 75ml [150ml] of boiling water. Season, cover, and steam until rehydrated, 5-8 minutes. Fluff with a fork.
2. **LUNCH IS READY** In a salad bowl, combine the fluffy couscous and peas, the green leaves, the apple, the mozzarella, the nuts, the crispy onion bits, and seasoning. Drizzle over the creamy dressing and enjoy!