



UCCOOK

Spiced Carrot & Lentil Salad

with pitted green olives, dates & sunflower seeds

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	739kJ	3025kJ
Energy	177kcal	723kcal
Protein	9.1g	37.3g
Carbs	29g	120g
of which sugars	6.2g	25.2g
Fibre	7.1g	28.9g
Fat	2.5g	10.3g
of which saturated	0.4g	1.8g
Sodium	98.2mg	401.8mg

Allergens: Cow's Milk, Gluten, Wheat, Sulphites

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
120g	240g	Tinned Lentils <i>drain & rinse</i>
75g	150g	Julienne Carrots
20g	40g	Pitted Green Olives <i>drain & cut in half</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50ml	100ml	Low Fat Plain Yoghurt
10ml	20ml	Lemon Juice
10g	20g	Sunflower Seeds
20g	40g	Pitted Dates <i>roughly chop</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. FLUFFY COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Season, cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. LOAD IT WITH FLAVOUR To the bowl of cooked couscous, add the lentils, the julienne carrots, the olives, the salad leaves, and seasoning. In a separate bowl, combine the yoghurt, the lemon juice (to taste), seasoning, and water in 5ml increments until drizzling consistency.

3. DRIZZLE, DATES, AND DONE! Drizzle the lemon yoghurt dressing over the couscous. Finish with a scattering of the seeds and the dates. Dig in, Chef!