



UCOOK

Mediterranean Lunch Bowl

with a lemon vinaigrette

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	748kJ	2601kJ
Energy	179kcal	622kcal
Protein	7.6g	26.6g
Carbs	22g	76.5g
of which sugars	3.7g	13g
Fibre	4.8g	16.8g
Fat	5.9g	20.6g
of which saturated	2g	7g
Sodium	175mg	609mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Cucumber <i>rinse & roughly dice</i>
30g	60g	Danish-style Feta <i>drain</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
75ml	150ml	Couscous
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
30g	60g	Pitted Kalamata Olives <i>drain</i>
30ml	60ml	Lemon Vinaigrette <i>(10ml [20ml] Olive Oil Blend, 15ml [30ml] Lemon Juice & 5ml [10ml] Honey)</i>

From Your Kitchen

Water
Seasoning (Salt & Pepper)

- 1. STEAMED 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. ADD SOME COLOUR** Top the couscous with the olives, the tomatoes, the cucumber, the lentils, and the feta. Drizzle over the vinaigrette and season.