



UCCOOK

Cajun Couscous & Biltong Bowl

with Danish-style feta & a lemon yoghurt dressing

Hands-on Time: 8 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	818kJ	1858kJ
Energy	196kcal	444kcal
Protein	18.3g	41.5g
Carbs	17g	39g
of which sugars	3.3g	7.5g
Fibre	1.8g	4g
Fat	4.6g	10.5g
of which saturated	2.1g	4.8g
Sodium	589mg	1338mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3		[Serves 4]
60g	80g	Danish-style Feta <i>drain</i>
60g	80g	Piquanté Peppers <i>drain</i>
150ml	200ml	Couscous
15ml	20ml	NOMU Cajun Rub
45ml	60ml	Lemon Juice
60g	80g	Green Leaves <i>rinse & roughly shred</i>
125ml	160ml	Low Fat Plain Yoghurt
150g	200g	Beef Biltong

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **CAJUN COUSCOUS** Boil the kettle. Place the couscous and the NOMU rub in a bowl with about 225ml [300ml] of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.
2. **ZESTY DRESSING** In a small bowl, combine the yogurt, the lemon juice (to taste), and seasoning.
3. **TASTY SALAD** To the bowl of the Cajun couscous, add the peppers and the green leaves. Scatter over the biltong, crumble over the feta, and drizzle over the lemon yogurt dressing.