



UCOOK

Apple & Pecan Couscous Bowl

with peas, mozzarella & crispy onion bits

Today, you will be more than prepared for lunch, Chef. Fluffy couscous is dotted with plump peas, crispy onion bits, fresh greens, mozzarella & pecan nuts. And, of course, apple!

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 4 People

Chef: Kate Gomba

*New Lunch

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Ingredients & Prep

300ml	Couscous
200g	Peas
40g	Green Leaves
4	Apples
160g	Mozzarella Cheese
80g	Pecan Nuts
80ml	Crispy Onions
320ml	Creamy Dressing (60ml Dijon Mustard, 200ml Kewpie Mayo & 60ml Honey)

From Your Kitchen

Salt & Pepper
Water

1. COUSCOUS & CORN Boil the kettle. Place the couscous and the peas in a bowl with 300ml 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 & peas, the rinsed green leaves, the diced apple, the mozzarella cubes, the nuts, the crispy onion bits, and seasoning. Drizzle over the creamy dressing and enjoy!

Nutritional Information

Per 100g

Energy	1042kj
Energy	249kcal
Protein	5.2g
Carbs	23g
of which sugars	9.3g
Fibre	3.6g
Fat	7.9g
of which saturated	1.9g
Sodium	105mg

Allergens

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

Eat
Within
4 Days