



UcOok

Mediterranean Lunch Bowl

with a lemon vinaigrette

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	638kJ	2220kJ
Energy	153kcal	531kcal
Protein	7.6g	26.5g
Carbs	22g	78g
of which sugars	4.3g	15.1g
Fibre	4.8g	16.7g
Fat	5.8g	20.3g
of which saturated	2g	6.9g
Sodium	173mg	603mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
90g	120g	Pitted Kalamata Olives <i>drain</i>
3	4	Tomatoes <i>rinse & roughly dice</i>
60g	80g	Radish <i>rinse & roughly dice</i>
180g	240g	Tinned Lentils <i>drain & rinse</i>
90g	120g	Danish-style Feta <i>drain</i>
90ml	120ml	Lemon Vinaigrette <i>(30ml [40ml] Olive Oil Blend, 45ml [60ml] Lemon Juice & 15ml [20ml] Honey)</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. STEAMED COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml [300ml] 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 tomato, the radish, the lentils, and the feta. Drizzle over the vinaigrette and season.