

Eat Within 4 Days

UCOOK

Couscous & Feta Salad

with cucumber, sun-dried tomatoes & lentils

Hands-on Time: 10 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

Chef: Tiisetso Maema

Nutritional Info	Per 100g	Per Portion
Energy	717kJ	2555kJ
Energy	171kcal	611kcal
Protein	6.2g	22.2g
Carbs	18g	66g
of which sugars	3.9g	13.7g
Fibre	3.5g	12.4g
Fat	9g	32g
of which saturated	1.9g	6.9g
Sodium	272mg	969mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
300g	400g	Cucumber *rinse & roughly dice*
180g	240g	Tinned Lentils *drain & rinse*
90g	120g	Sun-dried Tomatoes *rinse & cut into bite-sized pieces*
2	2	Spring Onions *rinse, trim & finely slice*
15ml	20ml	Dried Chilli Flakes
150ml	200ml	Herb Dressing
90g	120g	Danish-style Feta *drain & crumble*

From Your Kitchen

Water
Seasoning (salt & pepper)

1. STEAMING 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. VEGGIE & LENTIL MEDLEY Once the couscous is rehydrated, add in the cucumber, lentils, sun-dried tomato, spring onion, chilli flakes and the herb dressing. Mix everything until fully combined, season and crumble over the feta on top.