



UCCOOK

Apple & Pecan Couscous Bowl

with peas, mozzarella & crispy onion bits

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 1042kJ | 4936kJ |
| Energy | 249kcal | 1181kcal |
| Protein | 5.2g | 24.6g |
| Carbs | 23g | 107g |
| of which sugars | 9.3g | 44.1g |
| Fibre | 3.6g | 17.2g |
| Fat | 7.9g | 37.5g |
| of which saturated | 1.9g | 9.1g |
| Sodium | 105mg | 497mg |

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

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 60ml | 80g | Crispy Onions |
| 3 | 160g | Apples |
| 60g | 300ml | Pecan Nuts |
| 150g | 80ml | Peas |
| 30g | 200g | Green Leaves <i>rinse</i> |
| 225ml | 4 | Couscous |
| 120g | 40g | Mozzarella Cheese |
| 240ml | 320ml | Creamy Dressing <i>(45ml [60ml] Dijon Mustard, 150ml [200ml] Kewpie Mayo & 45ml [60ml] Honey)</i> |

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **COUSCOUS & CORN** Boil the kettle. Place the couscous and the peas in a bowl with 225ml [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 and peas, the green leaves, the apple, the mozzarella, the nuts, the crispy onion bits, and seasoning. Drizzle over the creamy dressing and enjoy!