



Summer Pesto & Couscous Bowl

with peas & spring onion

Hands-on Time: 8 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	857.6kJ	3001.5kJ
Energy	205.1kcal	717.9kcal
Protein	7g	24.3g
Carbs	16.8g	58.7g
of which sugars	2.7g	9.5g
Fibre	3.1g	11g
Fat	11.4g	39.9g
of which saturated	3g	10.4g
Sodium	246.9mg	864.2mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

75ml	150ml	Couscous
20g	40g	Pitted Kalamata Olives <i>drain & cut in half</i>
50g	100g	Peas
100g	200g	Cucumber <i>rinse & roughly dice</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
50ml	100ml	Pesto Princess Basil Pesto
10g	20g	Sunflower Seeds
5g	10g	Crispy Onion Bits
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. QUICK COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. LOAD WITH FLAVOUR When the couscous is done, toss with the olives, the cucumber, the peas, the spring onion, the basil pesto, and seasoning.

3. FRESHNESS ON A PLATE Dish up the loaded pesto couscous and crumble over the feta. Sprinkle over the seeds and crispy onions.