



UCCOOK

Curried Couscous Salad

with lentils & almonds

Hands-on Time: 5 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	859kJ	3165kJ
Energy	205kcal	757kcal
Protein	10.5g	38.5g
Carbs	25g	91g
of which sugars	5.6g	20.7g
Fibre	5.6g	20.6g
Fat	6.2g	22.7g
of which saturated	2.2g	8.3g
Sodium	101.7mg	375.1mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
60g	120g	Tinned Lentils <i>drain & rinse</i>
7,5ml	15ml	Medium Curry Powder
80ml	160ml	Greek Yoghurt
3g	5g	Fresh Coriander <i>rinse & pick</i>
20g	40g	Golden Sultanas
80g	160g	Baby Tomatoes <i>rinse & halve</i>
30g	60g	Danish-style Feta <i>drain</i>
20g	40g	Almonds

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **LET'S BEGIN** Boil the kettle. Place the couscous and lentils in a bowl with 75ml [150ml] of boiling water and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. **CREAMY CURRY SALAD** In a small bowl, combine the curry powder and the yoghurt. Loosen with water in 5ml increments until drizzling consistency. Season and set aside. In a separate bowl, combine the couscous and lentils, the coriander, the sultanas, the tomatoes, and season.

3. **TIME TO DIG IN** Drizzle over the curried yoghurt. Crumble over the feta and scatter over the nuts. Aitsa, Chef!