

UCOOK

Pineapple Couscous Bowl

with fresh mint & cashew nut yoghurt

This lunch is a beachy, summer holiday on a plate, Chef! Sweet, juicy pineapple chunks adorn a bed of fluffy couscous, together with refreshing rounds of cucumber, greens & piquanté peppers. Garnished with toasted coconut flakes, fresh mint & a creamy cashew nut yoghurt.

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 1 Person

Chef: Samantha du Toit

Lunch

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

75ml	Couscous
100g	Cucumber <i>rinse & roughly dice</i>
20g	Salad Leaves <i>rinse</i>
10g	Toasted Coconut Flakes
20g	Piquanté Peppers <i>drain</i>
80g	Pineapple Chunks
50ml	Cashew Nut Yoghurt
3g	Fresh Mint <i>rinse & roughly chop</i>

From Your Kitchen

Water
Seasoning (salt & pepper)

1. STEAMED COUSCOUS Boil the kettle. Place the couscous in a bowl with about 75ml of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Toss through the diced cucumber, the rinsed green leaves, the coconut flakes, and the drained peppers.

2. PINEAPPLE! Top the loaded couscous with the pineapple chunks. Drizzle over the cashew nut yoghurt. Garnish with the chopped mint.

Nutritional Information

Per 100g

Energy	482kj
Energy	115kcal
Protein	3.4g
Carbs	18g
of which sugars	5.7g
Fibre	2.3g
Fat	2.7g
of which saturated	1.8g
Sodium	19.6mg

Allergens

Gluten, Wheat, Sulphites, Tree Nuts

Eat
Within
3 Days