

# UCOOK

## Crunchy Couscous Patties

**with a roasted butternut, feta & pumpkin seed salad**

Patties made of fluffy wholewheat couscous, dried cranberries, onion and fresh parsley, sided with a roasted butternut, feta & pumpkin seed salad. Don't forget the creamy green pea hummus for dipping!

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**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Jeannette Joynt

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 Vegetarian

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 Fat Bastard | Rosé

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## Ingredients & Prep

225ml	Wholewheat Couscous
750g	Butternut <i>deseeded, peeled (optional) &amp; cut into bite-sized chunks</i>
30g	Pumpkin Seeds
2	Onions <i>1½ peeled &amp; finely diced</i>
45ml	NOMU One For All Rub
30g	Dried Cranberries <i>roughly chopped</i>
125ml	Cake Flour
12g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
120g	Peas
150ml	Hummus
120g	Danish-style Feta <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Egg/s  
Blender

**1. BECOUSCOUS I SAID SO!** Preheat the oven to 200°C. Boil a full kettle. Using a shallow bowl, submerge the couscous in 375ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender.

**2. ROAST & TOAST** Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion.

**3. PAT THE PATTIES INTO SHAPE** When the couscous is done, add 2 eggs, the diced onion, the rub, ½ the chopped cranberries, the flour, seasoning, and ½ the chopped parsley, to the bowl. Shape into 3-4 patties per portion and set aside in the fridge until frying.

**4. PERFECT PEA HUMMUS** Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a blender. Add the hummus and pulse until smooth. Season to taste and set aside.

**5. HEY, PATTY!** Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the patties for 2-3 minutes per side until golden. Remove and drain on paper towel. You may need to do this step in batches. In a salad bowl, add the roasted butternut, the toasted pumpkin seeds, seasoning, and a drizzle of olive oil. Crumble in the drained feta and toss until fully combined.

**6. THE MAIN EVENT** Serve up the crispy couscous patties with a big scoop of the roasted butternut salad alongside. Serve with the perfect pea hummus. Sprinkle over the remaining parsley and chopped cranberries. Wowzers, Chef!



## Chef's Tip

The butternut skin adds flavour, texture, and nutrients, but can be removed if you prefer!

## Nutritional Information

Per 100g

Energy	601kJ
Energy	144Kcal
Protein	5.3g
Carbs	21g
of which sugars	3.1g
Fibre	3.5g
Fat	3.3g
of which saturated	1.5g
Sodium	3mg

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook  
within  
4 Days