



UCCOOK

Spring Pesto & Couscous Bowl

with corn & 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 | 864kJ | 3069kJ |
| Energy | 207kcal | 734kcal |
| Protein | 6.6g | 23.3g |
| Carbs | 18g | 63g |
| of which sugars | 2.4g | 8.5g |
| Fibre | 2.6g | 9.3g |
| Fat | 11.2g | 39.9g |
| of which saturated | 2.9g | 10.4g |
| Sodium | 242.3mg | 860.1mg |

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

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> |
| 100g | 200g | Cucumber <i>rinse & roughly dice</i> |
| 50g | 100g | Corn |
| 1 | 1 | Spring Onion <i>rinse, trim & finely slice</i> |
| 50ml | 100ml | Pesto Princess Basil Pesto |
| 15ml | 30ml | Salad Crunch Mix <i>(10ml [20ml] Sunflower Seeds & 5ml [10ml] Crispy Onion Bits)</i> |
| 30g | 60g | Danish-style Feta <i>drain</i> |
| 5g | 10g | Fresh Parsley <i>rinse, pick & roughly chop</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 corn, 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 salad crunch mix and garnish with the parsley.