



QCOOK

Cajun Couscous & Biltong Bowl

with Danish-style feta & a lemon yoghurt dressing

Hands-on Time: 8 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	879kJ	2325kJ
Energy	210kcal	556kcal
Protein	17.5g	46.3g
Carbs	20g	54g
of which sugars	3.6g	9.6g
Fibre	2.7g	6.6g
Fat	5g	13.3g
of which saturated	2.5g	6.6g
Sodium	550mg	1455.6mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90g	120g	Danish-style Feta <i>drain</i>
150g	200g	Beef Biltong
45ml	60ml	Lemon Juice
225ml	300ml	Couscous
15ml	20ml	NOMU Cajun Rub
75g	100g	Piquanté Peppers <i>drain</i>
60g	80g	Green Leaves <i>rinse & roughly shred</i>
125ml	160ml	Low Fat Plain Yoghurt

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. CAJUN COUSCOUS** Boil the kettle. Place the couscous and the NOMU rub in a bowl with about 225ml [300ml] of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.
- 2. ZESTY DRESSING** In a small bowl, combine the yogurt, the lemon juice (to taste), and seasoning.
- 3. TASTY SALAD** To the bowl of the Cajun couscous, add the peppers and the green leaves. Scatter over the biltong, crumble over the feta, and drizzle over the lemon yogurt dressing.