



# UCCOOK

## Stonefruit & Couscous Bowl

with chickpeas, basil & mint

**Hands-on Time:** 5 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	571kj	2838kj
Energy	137kcal	679kcal
Protein	5.9g	29.1g
Carbs	17g	87g
of which sugars	3.8g	19.1g
Fibre	3.7g	18.2g
Fat	3.4g	17g
of which saturated	1.6g	7.8g
Sodium	13mg	66mg

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
50ml	100ml	Greek Yoghurt
20g	40g	Nut Mix <i>(10g [20g] Almonds &amp; 10g [20g] Toasted Coconut Flakes)</i>
1	2	Peach/es <i>rinse &amp; roughly dice, discarding the pip</i>
3g	5g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
3g	5g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>
75ml	150ml	Couscous
120g	240g	Chickpeas <i>drain &amp; rinse</i>
100g	200g	Cucumber <i>rinse &amp; roughly dice</i>

## From Your Kitchen

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Salt & Pepper

Water

1. **LUNCH IS ON THE WAY** Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Season, cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. **COOL AS A CUCUMBER** Add the cucumber, stonefruit, chickpeas, and ½ the mint, and ½ the basil to the fluffed couscous. Season.

3. **LOOK AT THAT, CHEF!** Dollop over the yoghurt, scatter over the remaining herbs and the nut mix.