



UCCOOK

Cajun Couscous & Biltong Bowl

with Danish-style feta & a lemon yoghurt dressing

Hands-on Time: 5 minutes

Overall Time: 6 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 818kJ | 1858kJ |
| Energy | 196kcal | 444kcal |
| Protein | 18.3g | 41.5g |
| Carbs | 17g | 39g |
| of which sugars | 3.3g | 7.5g |
| Fibre | 1.8g | 4g |
| Fat | 4.6g | 10.5g |
| of which saturated | 2.1g | 4.8g |
| Sodium | 589mg | 1338mg |

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 20g | 40g | Danish-style Feta <i>drain</i> |
| 50ml | 100ml | Couscous |
| 20g | 40g | Green Leaves <i>rinse & roughly shred</i> |
| 50g | 100g | Beef Biltong |
| 15ml | 30ml | Lemon Juice |
| 40ml | 80ml | Low Fat Plain Yoghurt |
| 5ml | 10ml | NOMU Cajun Rub |
| 20g | 40g | Piquanté Peppers <i>drain</i> |

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 75ml [150ml] 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.