



U^UCOOK

Cucumber & Spicy Pineapple Salad

with couscous

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Eunice Nguapindi Mboumba

Nutritional Info	Per 100g	Per Portion
Energy	598kJ	2311kJ
Energy	143kcal	553kcal
Protein	3.9g	15g
Carbs	18g	68g
of which sugars	9.2g	35.5g
Fibre	1.4g	5.5g
Fat	6.1g	23.7g
of which saturated	2g	7.8g
Sodium	203mg	785mg

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

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Couscous
300ml	400g	Pineapple Fingers
300g	400g	Cucumber
90g	120g	Pickled Onions
45g	60g	Sliced Pickled Jalapeños
120g	160g	Danish-style Feta
8g	10g	Fresh Coriander
150ml	200ml	Sweet & Spicy Dressing <i>Lemon Juice 60ml [80ml], Honey 45ml [60ml] & Banhoek Chilli Oil 45ml [60ml].</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **TEAM STEAM** Boil the kettle. Place the couscous in a bowl with 150ml [200ml] of boiling water. Season, cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. **PREP STEP** Roughly chop the pineapple fingers. Rinse, trim, and roughly dice the cucumber. Drain and roughly slice the pickled onion. Drain and roughly chop the jalapeños. Drain the feta, and rinse, pick, and roughly chop the coriander.

3. **LIPSMACKING LUNCH** When the couscous is done, toss through the pineapple, the cucumber, the onion, the jalapeños (to taste), the feta, the dressing and seasoning. Garnish with the coriander and dig in, Chef!