

Eat Within 4 Days

Apple & Pecan Couscous Bowl

with peas, mozzarella & crispy onion bits

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1015kJ	4734kJ
Energy	243kcal	1132kcal
Protein	5.2g	24.3g
Carbs	22g	101g
of which sugars	9.4g	43.7g
Fibre	3.4g	15.7g
Fat	14g	65.3g
of which saturated	1.7g	8.1g
Sodium	164mg	765mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
50g	100g	Peas
10g	20g	Fresh Basil *rinse, pick & roughly tear*
1	2	Apple/s *rinse, core & roughly dice*
40g	80g	Mozzarella Cheese *cut into small cubes*
20g	40g	Pecan Nuts
5g	10g	Crispy Onion Bits
80ml	160ml	Creamy Dressing *(15ml [30ml] Dijon Mustard, 50ml [100ml] Kewpie Mayo & 15ml [30ml] Honey)*

From Your Kitchen

Seasoning (salt & pepper)
Water

1. COUSCOUS & PEAS Boil the kettle. Place the couscous and the peas in a bowl with 75ml [150ml] of boiling water. Season, cover, and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. LUNCH IS READY In a salad bowl, combine the fluffy couscous and peas, the basil, the apple, the mozzarella, the nuts, the crispy onion bits, and seasoning. Drizzle over the creamy dressing and enjoy!