



UCOOK

Summer Mango Couscous Bowl

with fresh mint & coconut yoghurt

This lunch is a beachy, summer holiday on a plate, Chef! Sweet, juicy mango chunks adorn a bed of fluffy couscous, together with refreshing rounds of cucumber, greens, & piquanté peppers. Garnished with toasted coconut flakes, fresh mint & a creamy coconut yoghurt.

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 4 People

Chef: Samantha du Toit

*New Lunch

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Ingredients & Prep

300ml	Couscous
400g	Cucumber <i>rinse & roughly dice</i>
40g	Green Leaves <i>rinse</i>
40g	Toasted Coconut Flakes
80g	Piquanté Peppers <i>drain</i>
1	Mango Chunks
200ml	Coconut Yoghurt
10g	Fresh Mint <i>rinse & roughly chop</i>

From Your Kitchen

Salt & Pepper
Water

1. STEAMED COUSCOUS Boil the kettle. Place the couscous in a bowl with about 300ml of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Toss through the diced cucumber, the rinsed green leaves, the coconut flakes, and the drained peppers.

2. MMMANGO! Top the loaded couscous with the mango chunks. Drizzle over the coconut yoghurt. Garnish with the chopped mint.

Nutritional Information

Per 100g

Energy	536kj
Energy	128kcal
Protein	3.5g
Carbs	20g
of which sugars	6.9g
Fibre	2.7g
Fat	2.6g
of which saturated	2.3g
Sodium	24.8mg

Allergens

Gluten, Wheat, Sulphites

Eat
Within
1 Day