



# UCOOK

## Spiced Chicken Mince & Couscous

**with dried apricots, cashew nuts & minted yoghurt**

Putting classic flavours together in a fresh way is what we do! A bed of couscous is loaded with cucumber, toasted cashew nuts & dried apricots. Topped with a flavourful chicken mince mixture, and drizzled with minty yoghurt.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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Simple & Save

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Laborie Estate | Laborie Chenin Blanc 2023

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## Ingredients & Prep

150ml	Couscous
10ml	Vegetable Stock
40g	Nut & Apricot Mix <i>(20g Cashew Nuts &amp; 20g Dried Apricots)</i>
1	Onion <i>peel &amp; roughly dice</i>
300g	Free-range Chicken Mince
20ml	NOMU Moroccan Rub
100g	Cucumber <i>rinse &amp; roughly dice</i>
80ml	Low Fat Plain Yoghurt
5g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. FLAVA FLAV COUSCOUS** Boil the kettle. Place the couscous in a bowl with the stock and 150ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. FRUITY, NUTTY & TOASTY** Roughly chop the nut & apricot mix. Place the chopped nuts & apricots in a pan over medium heat. Toast until the nuts are golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. FRUITY CHICKEN MINCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the mince and the NOMU rub, working quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, mix through ½ the toasted nuts & apricots. Season and set aside.

**4. LOADED COUSCOUS** When the couscous is done, toss through the diced cucumber and the remaining chopped nuts & apricots. Set aside.

**5. YOGHURT DRIZZLE** In a small bowl, combine the yoghurt with ½ the chopped mint and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

**6. THAT'S ALL, CHEF!** Plate up the loaded couscous and top with the apricot mince mixture. Drizzle over the minted yoghurt and garnish with the remaining mint. Yum!

## Nutritional Information

Per 100g

Energy	564kJ
Energy	135kcal
Protein	8.4g
Carbs	16g
of which sugars	3.5g
Fibre	2g
Fat	3.7g
of which saturated	1g
Sodium	219mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
1 Day