



UcOok

Cucumber & Spicy Pineapple Salad

with **couscous**

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Eunice Ngouapindi 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: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

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