



UCOOK

Pineapple Couscous Bowl

with fresh mint & cashew nut yoghurt

This lunch is a beachy, summer holiday on a plate, Chef! Sweet, juicy pineapple 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 cashew nut yoghurt.

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 2 People

Chef: Samantha du Toit

Lunch

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Ingredients & Prep

150ml	Couscous
200g	Cucumber <i>rinse & roughly dice</i>
40g	Salad Leaves <i>rinse</i>
20g	Toasted Coconut Flakes
40g	Piquanté Peppers <i>drain</i>
160g	Pineapple Chunks
100ml	Cashew Nut Yoghurt
5g	Fresh Mint <i>rinse & roughly chop</i>

From Your Kitchen

Water
Seasoning (salt & pepper)

1. STEAMED COUSCOUS Boil the kettle. Place the couscous in a bowl with about 150ml 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. PINEAPPLE! Top the loaded couscous with the pineapple chunks. Drizzle over the cashew nut yoghurt. Garnish with the chopped mint.

Nutritional Information

Per 100g

Energy	482kj
Energy	115kcal
Protein	3.4g
Carbs	18g
of which sugars	5.7g
Fibre	2.3g
Fat	2.7g
of which saturated	1.8g
Sodium	19.6mg

Allergens

Gluten, Wheat, Sulphites, Tree Nuts

Eat
Within
3 Days