



QCOOK

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 | 163.9mg | 764.6mg |

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

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

From Your Kitchen

Seasoning (salt & pepper)

Water

1. COUSCOUS & CORN 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!