



UCCOOK

Apple & Pecan Couscous Bowl

with peas, mozzarella & crispy onion bits

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	1042kJ	4936kJ
Energy	249kcal	1181kcal
Protein	5.2g	24.6g
Carbs	23g	107g
of which sugars	9.3g	44.1g
Fibre	3.6g	17.2g
Fat	7.9g	37.5g
of which saturated	1.9g	9.1g
Sodium	105mg	497mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60ml	80ml	Crispy Onions
3	160g	Apples
60g	200g	Pecan Nuts
120g	40g	Mozzarella Cheese
225ml	300ml	Couscous
150g	4	Peas
30g	80g	Green Leaves <i>rinse</i>
240ml	320ml	Creamy Dressing <i>(45ml [60ml] Dijon Mustard, 150ml [200ml] Kewpie Mayo & 45ml [60ml] 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 225ml [300ml] 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 green leaves, the apple, the mozzarella, the nuts, the crispy onion bits, and seasoning. Drizzle over the creamy dressing and enjoy!