

U^{COOK}

Curried Couscous Salad

with lentils & almonds

Hands-on Time: 5 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	826kJ	3175kJ
Energy	197kcal	759kcal
Protein	10.1g	38.7g
Carbs	24g	92g
of which sugars	5.5g	21.1g
Fibre	5.3g	20.5g
Fat	5.9g	22.6g
of which saturated	2.2g	8.3g
Sodium	98mg	377mg

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

Spice Level: Mild



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
60g	120g	Tinned Lentils <i>drain & rinse</i>
5ml	10ml	Medium Curry Powder
80ml	160ml	Greek Yoghurt
1	1	Spring Onion <i>rinse, trim & finely slice</i>
20g	40g	Golden Sultanas
80g	160g	Baby Tomatoes <i>rinse & halve</i>
30g	60g	Danish-style Feta <i>drain</i>
20g	40g	Almonds

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. LET'S BEGIN Boil the kettle. Place the couscous and lentils in a bowl with 75ml [150ml] of boiling water and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CREAMY CURRY SALAD In a small bowl, combine the curry powder and the yoghurt. Loosen with water in 5ml increments until drizzling consistency. Season and set aside. In a separate bowl, combine the couscous and lentils, the spring onion, the sultanas, the tomatoes, and season.

3. TIME TO DIG IN Drizzle over the curried yoghurt. Crumble over the feta and scatter over the nuts. Aitsa, Chef!