



UCCOOK

Curried Couscous Salad

with lentils & almonds

Hands-on Time: 7 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	859kJ	3165kJ
Energy	205kcal	757kcal
Protein	10.5g	38.5g
Carbs	25g	91g
of which sugars	5.6g	20.7g
Fibre	5.6g	20.6g
Fat	6.2g	22.7g
of which saturated	2.2g	8.3g
Sodium	101.7mg	375.1mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
180g	240g	Tinned Lentils <i>drain & rinse</i>
22,5ml	30ml	Medium Curry Powder
240ml	320ml	Greek Yoghurt
8g	10g	Fresh Coriander <i>rinse & pick</i>
60g	80g	Golden Sultanas
240g	320g	Baby Tomatoes <i>rinse & halve</i>
90g	120g	Danish-style Feta <i>drain</i>
60g	80g	Almonds

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **LET'S BEGIN** Boil the kettle. Place the couscous and lentils in a bowl with 225ml [300ml] 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 coriander, 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!