



QCOOK

Feta & Citrus Lunch Bowl

with couscous & walnuts

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Lunch: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	689kJ	3538kJ
Energy	165kcal	846kcal
Protein	6.4g	32.9g
Carbs	19g	98g
of which sugars	5.6g	28.7g
Fibre	3.7g	19.2g
Fat	6.7g	34.6g
of which saturated	2.8g	14.6g
Sodium	89mg	457mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
10ml	20ml	Lemon Juice
30ml	60ml	Crème Fraîche
1	2	Naartjie/s <i>rinse, peel & separate into segments (reserving any juice)</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
40g	80g	Danish-style Feta <i>drain</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Walnuts

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. QUICK COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CITRUS SAUCE Combine the lemon juice (to taste) with the crème fraîche and seasoning. Loosen with a splash of water and set aside.

3. LUNCH IS SERVED To the bowl of couscous, toss through the lentils, the feta, the citrus pieces (and any reserved juice), and the cucumber. Drizzle over the tangy crème fraîche and garnish with the walnuts.