Eat Within 4 Days

UCOOK

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	825.6kJ	3175.4kJ
Energy	197.4kcal	759.3kcal
Protein	10.1g	38.7g
Carbs	23.9g	91.8g
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	376.9mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
180g	240g	Tinned Lentils *drain & rinse*
15ml	20ml	Medium Curry Powder
240ml	320ml	Greek Yoghurt
2	2	Spring Onions *rinse, trim & finely slice*
60g	80g	Golden Sultanas
240g	320g	Baby Tomatoes *rinse & halve*
90g	120g	Danish-style Feta *drain*
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!