



UCCOOK

Blueberry, Kale & Couscous Bowl

with coconut yoghurt

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	541kJ	2189kJ
Energy	129kcal	523kcal
Protein	4.5g	18.2g
Carbs	22g	87g
of which sugars	5.8g	23.3g
Fibre	3.5g	14.3g
Fat	2.2g	8.8g
of which saturated	0.8g	3.1g
Sodium	19mg	78mg

Allergens: Gluten, Wheat, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Couscous
30g	40g	Pistachio Nuts <i>roughly chop</i>
300g	400g	Kale <i>rinse & roughly shred</i>
30ml	40ml	Lemon Juice
3 units	4 units	Blueberries <i>rinse</i>
8g	10g	Fresh Basil <i>rinse, pick & roughly tear</i>
150ml	200ml	Coconut Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (Salt & Pepper)

1. QUICK COUSCOUS Boil the kettle. Place the couscous in a bowl with 300ml [400ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CHOP-CHOP Place the pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. FAIL-PROOF KALE Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium heat. When hot, fry the kale until slightly wilted, 3-5 minutes. Remove from the pan and cover.

4. ZESTY DRESSING In a small bowl, combine the lemon juice (to taste), a drizzle of olive oil, and seasoning.

5. ADD THE FLAVOUR When the couscous is done and has cooled slightly, toss through ½ the blueberries, the kale, ½ the basil, and ½ the nuts.

6. SENSATIONAL SALAD Plate up the loaded couscous and top with the remaining berries, the remaining nuts, and the remaining basil. Drizzle over the lemon dressing and the coconut yoghurt.