



UCOOK

Curried Couscous Salad

with lentils & almonds

Spicy curry powder is balanced with cooling yoghurt and spooned over a vegetarian medley of lentils, couscous, sweet sultanas, tangy baby tomatoes, & herbaceous coriander. Finish with nutty almond flakes and crumbly feta.

Hands-on Time: 7 minutes

Overall Time: 10 minutes

Serves: 3 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

225ml	Couscous
180g	Tinned Lentils <i>drain & rinse</i>
22,5ml	Medium Curry Powder
240ml	Greek Yoghurt
8g	Fresh Coriander <i>rinse & pick</i>
60g	Golden Sultanas
240g	Baby Tomatoes <i>rinse & halve</i>
90g	Danish-style Feta <i>drain</i>
60g	Almonds

From Your Kitchen

Salt & Pepper
Water

1. LET'S BEGIN Boil the kettle. Place the couscous & rinsed lentils in a bowl with 225ml 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. 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 & lentils, the picked coriander, the sultanas, the halved tomatoes, and season.

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

Nutritional Information

Per 100g

Energy	859kj
Energy	205kcal
Protein	10.5g
Carbs	25g
of which sugars	5.6g
Fibre	5.6g
Fat	6.2g
of which saturated	2.2g
Sodium	102mg

Allergens

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

Eat
Within
4 Days