



# UCCOOK

## Cajun Couscous & Biltong Bowl

with Danish-style feta & a lemon yoghurt dressing

**Hands-on Time:** 5 minutes

**Overall Time:** 6 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	879kJ	2325kJ
Energy	210kcal	556kcal
Protein	17.5g	46.3g
Carbs	20g	54g
of which sugars	3.6g	9.6g
Fibre	2.7g	6.6g
Fat	5g	13.3g
of which saturated	2.5g	6.6g
Sodium	550mg	1455.6mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
5ml	10ml	NOMU Cajun Rub
40ml	80ml	Low Fat Plain Yoghurt
15ml	30ml	Lemon Juice
25g	50g	Piquanté Peppers <i>drain</i>
20g	40g	Green Leaves <i>rinse &amp; roughly shred</i>
50g	100g	Beef Biltong
30g	60g	Danish-style Feta <i>drain</i>

## From Your Kitchen

Seasoning (salt & pepper)  
Water

- 1. CAJUN COUSCOUS** Boil the kettle. Place the couscous and the NOMU rub in a bowl with about 75ml [150ml] of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.
- 2. ZESTY DRESSING** In a small bowl, combine the yogurt, the lemon juice (to taste), and seasoning.
- 3. TASTY SALAD** To the bowl of the Cajun couscous, add the peppers and the green leaves. Scatter over the biltong, crumble over the feta, and drizzle over the lemon yogurt dressing.