



UCOOK

Stonefruit & Couscous Bowl

with chickpeas, basil & mint

Surprising flavours are delicately balanced to create a refreshing, nutritious lunch that incorporates stonefruit in such an interesting way, it will brighten your day, Chef! Fluffy couscous is loaded with nutty chickpeas, juicy stonefruit, peppery basil, cooling mint, & cucumber. Finished with a nut mix for texture.

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 1 Person

Chef: Jemimah Smith

***New Lunch**

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Ingredients & Prep

75ml	Couscous
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
3g	Fresh Basil <i>rinse, pick & roughly tear</i>
100g	Cucumber <i>rinse & roughly dice</i>
1	Stonefruit <i>rinse & roughly dice, discarding the pip</i>
120g	Chickpeas <i>drain & rinse</i>
50ml	Coconut Yoghurt
20	Nut Mix <i>(10g Almonds & 10g Toasted Coconut Flakes)</i>

From Your Kitchen

Salt & Pepper
Water

1. LUNCH IS ON THE WAY Boil the kettle. Place the couscous in a bowl with about 75ml of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. COOL AS A CUCUMBER Add the chopped cucumber, the stonefruit wedges, the drained chickpeas, and ½ the, chopped mint, and ½ the torn basil to the fluffed couscous. Season.

3. LOOK AT THAT, CHEF! Dollop over the yoghurt and scatter over the remaining herbs and the nut mix.

Nutritional Information

Per 100g

Energy	548kj
Energy	131kcal
Protein	4.8g
Carbs	18g
of which sugars	4.5g
Fibre	3.5g
Fat	2.6g
of which saturated	1.8g
Sodium	12.4mg

Allergens

Gluten, Wheat, Tree Nuts

Eat
Within
4 Days