



QCOOK

Stonefruit & Couscous Bowl

with chickpeas, basil & mint

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	571kj	2838kj
Energy	137kcal	679kcal
Protein	5.9g	29.1g
Carbs	17g	87g
of which sugars	3.8g	19.1g
Fibre	3.7g	18.2g
Fat	3.4g	17g
of which saturated	1.6g	7.8g
Sodium	13mg	66mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Greek Yoghurt
20g	40g	Nut Mix <i>(10g [20g] Almonds & 10g [20g] Toasted Coconut Flakes)</i>
1	2	Peach/es <i>rinse & roughly dice, discarding the pip</i>
120g	240g	Chickpeas <i>drain & rinse</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>
75ml	150ml	Couscous

From Your Kitchen

Salt & Pepper
Water

1. **LUNCH IS ON THE WAY** Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Season, cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

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

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