



UCOOK

Cajun Couscous & Biltong Bowl

with Danish-style feta & a lemon yoghurt dressing

Salads are best when freshly made, so do yourself a favour and swap the prepacked, same-old flavours from your nearest store with a Cajun-inspired salad with a South African twist. Steamed couscous is loaded with peppers, fresh greens, salty biltong & creamy feta, and drizzled with a lemon-yoghurt dressing.

Hands-on Time: 5 minutes

Overall Time: 6 minutes

Serves: 4 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

300ml	Couscous
20ml	NOMU Cajun Rub
160ml	Low Fat Plain Yoghurt
60ml	Lemon Juice
100g	Piquanté Peppers <i>drain</i>
80g	Green Leaves <i>rinse & roughly shred</i>
200g	Beef Biltong
120g	Danish-style Feta <i>drain</i>

From Your Kitchen

Salt & Pepper
Water

1. CAJUN COUSCOUS Boil the kettle. Place the couscous and the NOMU rub in a bowl with about 300ml 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 drained peppers and the shredded green leaves. Scatter over the biltong, crumble over the drained feta, and drizzle over the lemon yogurt dressing.

Nutritional Information

Per 100g

Energy	893kJ
Energy	214kcal
Protein	17.4g
Carbs	22g
of which sugars	3.6g
Fibre	2.3g
Fat	4.9g
of which saturated	2.4g
Sodium	535.2mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days