



# UCOOK

## Tangy Carrot & Lentil Salad

**with pitted green olives, dates & sunflower seeds**

Show your colleagues how a veggie-forward lunch is done with this fluffy couscous meal, loaded with lentils and dotted with briny olives, crunchy sunflower seeds, sweet dates, julienne carrots & greens. A lemon-yoghurt dressing coats everything in deliciousness.

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**Hands-on Time:** 5 minutes

**Overall Time:** 10 minutes

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**Serves:** 1 Person

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**Chef:** Jemimah Smith

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\*New Lunch

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## Ingredients & Prep

75ml	Couscous
120g	Tinned Lentils <i>drain &amp; rinse</i>
75g	Julienne Carrots
20g	Pitted Green Olives <i>drain &amp; cut in half</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
50ml	Low Fat Plain Yoghurt
10ml	Lemon Juice
10g	Sunflower Seeds
20g	Pitted Dates <i>roughly chop</i>

## From Your Kitchen

Salt & Pepper  
Water

**1. FLUFFY COUSCOUS** Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Season, cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. LOAD IT WITH FLAVOUR** To the bowl of cooked couscous, add the lentils, the julienne carrots, the halved olives, the rinsed shredded salad leaves, and seasoning. In a separate bowl, combine the yoghurt, the lemon juice (to taste), seasoning, and water in 5ml increments until drizzling consistency.

**3. DRIZZLE, DATES, AND DONE!** Drizzle the lemon yoghurt dressing over the couscous. Finish with a scattering of the seeds and the chopped dates. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	739kJ
Energy	177kcal
Protein	9.1g
Carbs	29g
of which sugars	6.2g
Fibre	7.1g
Fat	2.5g
of which saturated	0.4g
Sodium	98.2mg

## Allergens

Gluten, Wheat, Sulphites, Cow's Milk

Eat  
Within  
2 Days