



UCCOOK

Red Pepper Pesto & Chorizo

with lentils

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1017kJ	2544kJ
Energy	243kcal	608kcal
Protein	13.2g	32.9g
Carbs	31g	78g
of which sugars	3.1g	7.7g
Fibre	2.9g	11.3g
Fat	6.2g	15.6g
of which saturated	1.7g	4.3g
Sodium	304.3mg	761mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
60ml	120ml	Creamy Red Pepper Pesto (30ml [60ml] Low Fat Plain Yoghurt & 30ml [60ml] Pesto Princess Red Pepper Pesto)
60g	120g	Tinned Lentils <i>drain & rinse</i>
20g	40g	Green Leaves <i>rinse & shred</i>
30g	60g	Sliced Pork Chorizo <i>roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. STEAMED COUSCOUS** Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. In a small bowl, loosen the creamy red pepper pesto with water in 5ml increments until drizzling consistency.
- 2. NOW FOR THE FLAVOUR** To the couscous, add the lentils and the green leaves. Drizzle over the creamy red pepper pesto, scatter over the chorizo, and season.