



UCOOK

Mediterranean Lunch Bowl

with paprika & lemon vinaigrette

Take a break from the mad rush of the modern work day by transporting your taste buds to the shores of the Mediterranean Sea. Healthy, tasty, and natural, this loaded couscous bowl captures what makes this cuisine so satisfying. Featuring briny olives, cooling cucumber, tangy tomato, creamy feta, and a special UCOOK lemon vinaigrette.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 2 People

Chef: Jade Summers

*New Lunch

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Ingredients & Prep

From Your Kitchen

Salt & Pepper
Water

1. STEAMED COUSCOUS 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, and season.

2. PREP STEP While the couscous is steaming, prep the veg as stated in the ingredient list.

3. ADD SOME COLOUR Top the steamed couscous with the drained olives, the halved tomatoes, the diced cucumber, the drained lentils, and the drained feta. Drizzle over the vinaigrette and season.

Nutritional Information

Per 100g

Energy	761kj
Energy	182kcal
Protein	7.8g
Carbs	23g
of which sugars	3.7g
Fibre	4.9g
Fat	5.8g
of which saturated	2g
Sodium	171mg

Allergens

Gluten, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days