



# UCCOOK

## Spiced Carrot & Lentil Salad

with pitted green olives, dates & sunflower seeds

**Hands-on Time:** 10 minutes

**Overall Time:** 15 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 739kJ    | 3025kJ      |
| Energy             | 177kcal  | 723kcal     |
| Protein            | 9.1g     | 37.3g       |
| Carbs              | 29g      | 120g        |
| of which sugars    | 6.2g     | 25.2g       |
| Fibre              | 7.1g     | 28.9g       |
| Fat                | 2.5g     | 10.3g       |
| of which saturated | 0.4g     | 1.8g        |
| Sodium             | 98.2mg   | 401.8mg     |

**Allergens:** Cow's Milk, Gluten, Wheat, Sulphites

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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|                 |                   |                                                       |
|-----------------|-------------------|-------------------------------------------------------|
| <b>Serves 3</b> | <b>[Serves 4]</b> |                                                       |
| 225ml           | 300ml             | Couscous                                              |
| 360g            | 480g              | Tinned Lentils<br><i>drain &amp; rinse</i>            |
| 225g            | 300g              | Julienne Carrots                                      |
| 60g             | 80g               | Pitted Green Olives<br><i>drain &amp; cut in half</i> |
| 60g             | 80g               | Salad Leaves<br><i>rinse</i>                          |
| 150ml           | 200ml             | Low Fat Plain Yoghurt                                 |
| 30ml            | 40ml              | Lemon Juice                                           |
| 30g             | 40g               | Sunflower Seeds                                       |
| 60g             | 80g               | Pitted Dates<br><i>roughly chop</i>                   |

## From Your Kitchen

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Seasoning (Salt & Pepper)

Water

**1. FLUFFY COUSCOUS** Boil the kettle. Place the couscous in a bowl with 225ml **[300ml]** 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 olives, the 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 dates. Dig in, Chef!