



UCOOK

Mediterranean Tzatziki Chicken Bowl

with couscous & fresh dill

Fluffy couscous is loaded with refreshing half-moons of cucumber and dill. Served with slices of smoked chicken breast, briny kalamata olives & creamy dollops of tzatziki. Fresh, flavourful, and a really fab lunch, Chef!

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 3 People

Chef: Hellen Mwanza

*New Lunch

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Ingredients & Prep

225ml	Couscous
8g	Fresh Dill <i>rinse & roughly chop</i>
150g	Cucumber <i>rinse & cut into half-moons</i>
3	Smoked Chicken Breasts <i>slice</i>
90g	Pitted Kalamata Olives <i>drain</i>
150ml	Tzatziki

From Your Kitchen

Salt & Pepper
Water

1. DILL & CUCUMBER COUSCOUS Boil the kettle. Place the couscous in a bowl with about 225ml of boiling water. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork and season. Toss through the chopped dill and the cucumber half-moons.

2. MEDITERRANEAN MEAL Top the loaded couscous with the sliced chicken and the drained olives. Dollop over the tzatziki.

Nutritional Information

Per 100g

Energy	739kJ
Energy	177kcal
Protein	9.6g
Carbs	18g
of which sugars	2.7g
Fibre	1.9g
Fat	6.7g
of which saturated	2g
Sodium	528.1mg

Allergens

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

Eat
Within
4 Days