



UCOOK

Corn, Chickpea & Feta Salad

with blueberries, cucumber & couscous

Reward your workday wins with this tasty triumph of a salad, Chef! Fluffy couscous, pops of sweet corn, cooling cucumber, & tart blueberries are drizzled with a creamy salad dressing and garnished with salty crumbly feta and herbaceous parsley.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 1 Person

Chef: Megan Bure

*New Lunch

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Ingredients & Prep

75ml	Couscous
50g	Corn
60g	Chickpeas <i>drain & rinse</i>
50g	Cucumber <i>rinse & roughly dice</i>
1 units	Fresh Blueberries <i>rinse</i>
60ml	Creamy Dressing <i>(30ml Mayo & 30ml Low Fat Plain Yoghurt)</i>
40g	Danish-style Feta <i>drain</i>
3g	Fresh Parsley <i>rinse & pick</i>

From Your Kitchen

Salt & Pepper
Water

1. 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.

2. LOADED CORN Once the couscous is done, toss through the rinsed chickpeas, the diced cucumber, the rinsed blueberries and season.

3. CREAMY DRESSING In a small bowl, loosen the creamy dressing with water in 5ml increments until drizzling consistency. Drizzle the dressing over the salad. Crumble over the drained feta and garnish with the picked parsley.

Nutritional Information

Per 100g

Energy	698kJ
Energy	167kcal
Protein	5.7g
Carbs	20g
of which sugars	5g
Fibre	2.9g
Fat	6.5g
of which saturated	1.9g
Sodium	124mg

Allergens

Gluten, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days