



# QCOOK

## Stonefruit & Couscous Bowl

with chickpeas, basil & mint

**Hands-on Time:** 10 minutes

**Overall Time:** 15 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	571kj	2838kj
Energy	137kcal	679kcal
Protein	5.9g	29.1g
Carbs	17g	87g
of which sugars	3.8g	19.1g
Fibre	3.7g	18.2g
Fat	3.4g	17g
of which saturated	1.6g	7.8g
Sodium	13mg	66mg

**Allergens:** Gluten, Tree Nuts, Wheat, Cow's Milk

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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<b>Serves 3</b>	<b>[Serves 4]</b>	
150ml	200ml	Greek Yoghurt
8g	10g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
360g	480g	Chickpeas <i>drain &amp; rinse</i>
300g	400g	Cucumber <i>rinse &amp; roughly dice</i>
3	4	Peaches <i>rinse &amp; roughly dice, discarding the pip</i>
8g	10g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>
60g	80g	Nut Mix <i>(30g [40g] Almonds &amp; 30g [40g] Toasted Coconut Flakes)</i>
225ml	300ml	Couscous

## From Your Kitchen

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Salt & Pepper

Water

**1. LUNCH IS ON THE WAY** 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. COOL AS A CUCUMBER** Add the cucumber, stonefruit, chickpeas, and ½ the mint, and ½ the basil to the fluffed couscous. Season.

**3. LOOK AT THAT, CHEF!** Dollop over the yoghurt, scatter over the remaining herbs and the nut mix.