Eat Within 4 Days

UCOOK

# Curried Couscous Salad

### with lentils & almonds

**Hands-on Time:** 5 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 826kJ | 3175kJ |
| Energy | 197kcal | 759kcal |
| Protein | 10.1g | 38.7g |
| Carbs | 24g | 92g |
| of which sugars | 5.5g | 21.1g |
| Fibre | 5.3g | 20.5g |
| Fat | 5.9g | 22.6g |
| of which saturated | 2.2g | 8.3g |
| Sodium | 98mg | 377mg |

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

**Spice Level:** Mild

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 75ml | 150ml | Couscous |
| 60g | 120g | Tinned Lentils<br>*drain & rinse* |
| 5ml | 10ml | Medium Curry Powder |
| 80ml | 160ml | Greek Yoghurt |
| 1 | 1 | Spring Onion<br>*rinse, trim & finely slice* |
| 20g | 40g | Golden Sultanas |
| 80g | 160g | Baby Tomatoes<br>*rinse & halve* |
| 30g | 60g | Danish-style Feta<br>*drain* |
| 20g | 40g | Almonds |

## From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. LET'S BEGIN Boil the kettle. Place the couscous and lentils in a bowl with 75ml [150ml] of boiling water and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CREAMY CURRY SALAD In a small bowl, combine the curry powder and the yoghurt. Loosen with water in 5ml increments until drizzling consistency. Season and set aside. In a separate bowl, combine the couscous and lentils, the spring onion, the sultanas, the tomatoes, and season.

3. TIME TO DIG IN Drizzle over the curried yoghurt. Crumble over the feta and scatter over the nuts. Aitsa, Chef!