

# U<sup>COOK</sup>

## Curried Couscous Salad

with lentils & almonds

**Hands-on Time:** 7 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**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



Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
225ml	300ml	Couscous
180g	240g	Tinned Lentils <i>drain &amp; rinse</i>
15ml	20ml	Medium Curry Powder
240ml	320ml	Greek Yoghurt
2	2	Spring Onions <i>rinse, trim &amp; finely slice</i>
60g	80g	Golden Sultanas
240g	320g	Baby Tomatoes <i>rinse &amp; halve</i>
90g	120g	Danish-style Feta <i>drain</i>
60g	80g	Almonds

## From Your Kitchen

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Seasoning (Salt & Pepper)

Water

**1. LET'S BEGIN** Boil the kettle. Place the couscous and lentils in a bowl with 225ml [300ml] 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!