



# U<sup>U</sup>COOK

## Cucumber & Spicy Pineapple Salad

with couscous

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 1 & 2

**Chef:** Eunice Nguopindi Mboumba

### Nutritional Info

	Per 100g	Per Portion
Energy	598kJ	2311kJ
Energy	143kcal	553kcal
Protein	3.9g	15g
Carbs	18g	68g
of which sugars	9.2g	35.5g
Fibre	1.4g	5.5g
Fat	6.1g	23.7g
of which saturated	2g	7.8g
Sodium	203mg	785mg

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

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

---

Serves 1	[Serves 2]	
50ml	100ml	Couscous
100g	200g	Pineapple Fingers
100g	200g	Cucumber
30g	60g	Pickled Onions
15g	30g	Sliced Pickled Jalapeños
40g	80g	Danish-style Feta
3g	5g	Fresh Coriander
50ml	100ml	Sweet & Spicy Dressing <i>Lemon Juice 20ml [40ml], Honey 15ml [30ml] &amp; Banhoek Chilli Oil 15ml [30ml].</i>

## From Your Kitchen

---

Seasoning (salt & pepper)  
Water

1. **TEAM STEAM** Boil the kettle. Place the couscous in a bowl with 50ml [100ml] of boiling water. Season, cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. **PREP STEP** Roughly chop the pineapple fingers. Rinse, trim, and roughly dice the cucumber. Drain and roughly slice the pickled onion. Drain and roughly chop the jalapeños. Drain the feta, and rinse, pick, and roughly chop the coriander.

3. **LIPSMACKING LUNCH** When the couscous is done, toss through the pineapple, the cucumber, the onion, the jalapeños (to taste), the feta, the dressing and seasoning. Garnish with the coriander and dig in, Chef!