

Cheese and Apple Couscous

CHEESE MAKES A
Difference

to a
healthy
lunchbox



BRITISH
CHEESE
BOARD



Serves 4 | Prep time: 20 min | Cooking time: None



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THIS COUSCOUS IS COLOURFUL AND PACKED WITH FLAVOUR,
GUARANTEED TO BE A HIT WITH THE KIDS.

INGREDIENTS

200g couscous

2 apples

70g raisins

Juice of ½ lemon

60g Red Leicester, cut into cubes

2 tbsp olive oil

1 handful peanuts

1 handful pumpkin seeds

½ tsp of salt

METHOD

1. Place the couscous, salt, olive oil and raisins into a large mixing bowl. Pour over enough boiling water to cover the couscous and another extra 1 cm. Leave to soak.
2. Chop the apples into cubes and place in a bowl with the lemon juice.
3. When the couscous has soaked up all the water, fluff up the grains with a fork to make sure they are not stuck together.
4. Add the nuts, seeds and Red Leicester and carefully mix together.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

458kcal | 13.9g protein | 57g carbohydrate of which 18.5g sugars | 19.5g fat of which 5.2g saturates | 6.7g dietary fibre | 368mg sodium equivalent to 0.9g salt | 129mg calcium | 364mg phosphorus | 0.2µg vitamin B₁₂