



Dinner recipe.

**Cold soak lemon basil
couscous**

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Preparation.

1. Put the couscous and onion in a ziplock.
2. Stick the dried apple, tomatoes, garlic and basil in another bag.
3. The olive oil, lemon, oregano, black pepper and salt go in a container together.

Instructions.

4. Cold soak the couscous bag for 90 minutes in half a cup of water.
5. Add the dried apple bag and container with dressing and mix together.

Ingredients.

- Couscous, 4.75oz(135gr), 500kcal
- Sundried tomatoes, 0.5oz(15gr) 46kcal
- Freeze dried apple, 0.5oz(15gr) 45kcal
- Freeze dried onion, 0.15oz(4gr) 12kcal
- 1 clove garlic, 0.1oz (3gr) 4.5kcal
- (Freeze) dried basil, 0.035oz(1gr) 3kcal
- 1tbsp olive oil, 0.35oz(10gr) 90kcal
- lemon juice, 0.5oz(15gr) 0kcal
- (Freeze) dried oregano, 0.035oz(1gr) 3kcal
- 1/4tsp black pepper, 0.035oz(1gr) 3kcal
- 1/4tsp salt, 0.035oz(1gr) 0kcal

7oz(199gr) 707kcal
101kcal/oz