



ROASTED MEDITERRANEAN VEGETABLE COUSCOUS

WHAT YOU NEED

- 1 x aubergine
- 1 x shallot
- 1 x courgette
- 1 x red pepper
- 1 x yellow pepper
- olive oil
- 1 cup of wholemeal couscous
- lemon juice
- fresh parsley, coriander or mint
- salt and pepper



HOW TO MAKE IT

Heat the oven to 190°C. Chop all the vegetables into 2cm pieces. Arrange all in a roasting tray, add salt and pepper and drizzle with olive oil. Cook in the oven for about 25-30 minutes.

Put the couscous into a large bowl and just cover with boiling water. (Use the same cup to measure the water.) Squeeze the juice of a lemon and add with 2 tablespoons of olive oil and a generous amount of salt and pepper. Add the roasted vegetables and a handful of chopped fresh herbs.

TIP 😊

The roasted vegetables on their own are delicious with any main course – roast chicken, fish, beef and especially roast lamb.

