

Roasted Vegetable and Couscous Recipe

Ingredients:

- 1 red pepper de-seeded and chopped
- 1 yellow pepper de-seeded and chopped
- 2 courgettes
- 1 large red onion peeled and chopped
- 1 tablespoon vegetable oil
- 300g couscous
- 1 vegetable stock cube to make up 1 litre of stock
- 6 cherry tomatoes
- Black pepper

Method:

1. Preheat the oven to 180°C/Gas mark 4.
2. Put the peppers, courgettes and onions into a roasting tray, add the vegetable oil, pepper and spices, if using. Stir to ensure the vegetables are coated.
3. Roast in the oven for 25 minutes.
4. Meanwhile, put the couscous into a heatproof bowl and then add the hot stock, stirring to mix. Cover and leave for 10-15 minutes to soak and absorb then stir with a fork and fluff up the grains.
5. Remove the vegetables from the oven and add the cherry tomatoes and couscous, stirring gently.
6. Season with pepper.