**Stay Fit, Stay Healthy, Stay Happy**

**Katie and Hannah's  
Roasted Vegetable   
Couscous**

**Preparation Time**

**10 minutes**

**Cooking Time**

**35 minutes**

**Serves 2**

**What will I need?**

50g of Dried Couscous per serving

Vegetable stock cube (optional)

Range of medium sized vegetables such as:

Peppers

Onions

A handful of Mushrooms

Courgettes

Sweet potato

To increase protein content, add cooked chicken or salmon to the completed dish.

**What will I need to do?**

1. Cook the dried couscous as per instructions on packet. You can use a vegetable stock cube to add more flavour.

2. Chop up the vegetables of your choice into chunks and spread out in a roasting tray.

3. Drizzle with olive oil and lightly season with salt and pepper.

4. Cook in the oven at 210 degrees C or 180 degrees C Fan or Gas Mark 6 for approximately 35 minutes, stirring halfway through.

5. Once cooked, add to the couscous and serve.

**Top Tips**

**Try to keep the vegetable chunks the same size as each other.**

**This dish is a great addition to cold meats and salad.**