

Roasted vegetable and couscous salad

Ingredients

- 1 yellow pepper**
- 1 courgette**
- 2 gloves of garlic**
- 1 tbsp. olive oil**
- 1 red onion**
- 125g couscous**
- 1 stock cube and 150ml hot water**
- Zest and juice of half a lemon**
- Fresh herbs optional**



Method

- 1. Preheat the oven to 200oc**
- 2. Prepare the peppers, onion and courgette**
- 3. Place the vegetables into a bowl with the oil and garlic.**
- 4. Tip the vegetables onto a baking tray and roast for approximately 20 minutes.**
- 5. Add 150ml of boiling water to a measuring jug and dissolve the stock cube into it.**
- 6. Put the couscous into a bowl and pour over the stock from the jug.**
- 7. Mix the couscous and leave until it absorbs all the water.**
- 8. Add the lemon juice/zest and any herbs to the cous cous, add the roasted vegetables.**