

# Roasted Vegetable Couscous

## Ingredients

- Red onion, courgette, red pepper and garlic shared in equal quantities within the group
- Olive oil spray
- 50g couscous
- 100ml water
- ½ vegetable stock cube

## Equipment



## Year 3 – Spring Term

## Method

1. Slice and chop the vegetables using the bridge method.
2. Spread out on a baking tray and spray with olive oil.
3. Bake at 180 degrees for 15 minutes.
4. Boil the kettle. Measure out 100ml of hot water (be careful).
5. Add the stock cube to your hot water and stir carefully until the stock cube has dissolved.
6. Add the couscous to the water, stir and then cover.
7. After 2 minutes, remove cover and stir the couscous again. Recover for 3 more minutes.
8. Once the vegetable are out of the oven, carefully mix the couscous and vegetables together in your jug.
9. Carefully put the mixture into your container to take home.



## Hints and tips

Once home, remove lid from foil dish and bake the crumble in a moderate oven for 15-20 minutes.

