

## Roasted Vegetable Couscous Salad with Feta / Cheddar Cheese

Prep time: 10 minutes

Cooking time: 30 minutes



4-6



8-12



### Ingredients

3 mixed peppers sliced

1 courgette sliced

1 tablespoon vegetable oil

1 garlic clove crushed

250g/9oz couscous

300ml/11floz/ ½ pint boiling water

1 vegetable stock cube

Basil leaves torn

140g/5oz feta / cheddar cheese



Method. Pre heat oven to 200°C / Gas Mark 6

- Coat the vegetables with oil and garlic and place in the oven to roast for 30 minutes until they are crisp at the edges and softened
- Add boiling water to the stock cube. Pour the couscous into a bowl and add the stock. Cover and leave the couscous to absorb the stock for 5 minutes
- Fork the couscous through gently to separate the grains
- Add the roasted vegetables and torn basil leaves.
- Pile the roasted vegetable couscous in to serving dish and sprinkle feta or cheddar cheese on top



**Tip!**

Whether you choose red, orange or yellow peppers (or green!) all are a great source of Vitamin C.