



Couscous Bowl With Roasted Veggies

What to collect

Ingredients	Equipment
1 packet couscous	baking trays x 2
olive oil	saucepan with lid
salt/pepper	wooden spoon
vegetable stock	chopping board
4 carrots, sliced & halved	knife
1 large sweet potato, sliced & quartered	
2 beetroots, cooked	
2 teaspoons honey	
2 teaspoons balsamic vinegar	
2 teaspoons fresh thyme	
2 cups broccoli, cut into florets	
2 cloves garlic, finely chopped	
toasted seeds, edible flowers etc.. for garnish	

What to do

1. Preheat oven to 200C.
2. Place your cut carrots into a bowl with ½ teaspoon ground cumin and drizzle some olive oil and salt/pepper and place on a baking tray covered with baking paper.
3. Place sweet potato in a bowl with a drizzle of olive oil and salt and pepper. Place on tray next to carrots.
4. Place broccoli florets with 2 teaspoons of olive oil, garlic and salt and pepper and place on a second tray covered with baking paper.
5. Cut beetroot into 4-6 wedges and place in a roasting tray. Mix together the honey, olive oil, balsamic vinegar and thyme. Drizzle over beetroot and roast for 25 minutes.
6. Roast carrots & sweet potato for 30-45 mins. approx..
7. Roast broccoli for 20 minutes approx..
8. Cook couscous according to packet instructions.

- 9. To assemble the bowls, divide the couscous into 4 bowls, as well as the sweet potato, broccoli, carrots and beetroot. You can leave everything separate in the bowl or mix it all together.**
- 10. Place garnish on top and serve.**