

Roasted Vegetable and Couscous Salad

Ingredients:

A selection of autumn veggies: Beetroot, parsnip, pumpkin, kumara, potatoes, carrots, onions etc.

2 cups couscous

2 cups veggie stock

2 Tbsp fresh herbs chopped (parsley, mint)

4 Tbsp Lemon juice

4 Tbsp olive oil

Feta cheese crumbled

Salt and pepper to taste

Method:

Chop veggies and place on baking sheet. Drizzle with oil and sprinkle with Italian seasoning.

Bake in 200 degree oven for 20-30 min.

Bring veggie stock to a boil and pour into large bowl. Add couscous and let stand for 10 min. Fluff with fork.

Add remaining ingredients including your roasted vegetables.

Toasted sunflower seeds or pine nuts are also a nice addition.