

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 (parsely, 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 to 30 minutes.

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

Add remaining ingredients including your roasted vegetables.

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