



COUSCOUS WITH ROASTED VEGETABLES

Starchy accompaniment: This recipe provides a portion of starchy food.

Recipe adapted from: Solihull Catering Service

Ingredients

250g mixed vegetables (e.g. a combination of red, green or yellow pepper, courgettes, aubergines, red onions and mushroom), finely chopped
1g (1tsp) dried, mixed herbs
4g (1 clove) garlic, peeled, crushed
6g (1) reduced-salt vegetable stock cube
1000ml water
480g couscous, dried

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Place the vegetables in a greased baking tin and sprinkle with the herbs and garlic. Pour over a small amount of water and place in the oven to roast for 40 minutes.
3. Put the water and stock cube in a large saucepan and bring to the boil.
4. Add the couscous and stir in well cover with a lid. Remove from the heat and leave to stand until all the water has been absorbed, approximately 5 minutes. When cool, fluff up with a fork.
5. Add the couscous to the roasted vegetables and serve.

Serving suggestion: try serving this with the salmon in tomato sauce recipe.



Number of portions this recipe makes:

12 primary servings (145g)
8 secondary servings (215g)



Prep: 10 minutes
Cook: 50 minutes



Allergy information:
Celery, egg, milk, wheat (gluten)



Top Tips

This dish can be pre-cooked then placed back in the steamer for 20 minutes before service to re-heat.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose stock preparations with a salt content less than 0.6g/100ml as consumed.