

## ROASTED COUSCOUS WITH VEGETABLES



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*Serves 3 as a side dish*

### INGREDIENTS

— Available at Mediterranean foods

- 1 cup couscous
- ¼ cup extra virgin olive oil
- 2 vegetable stock cubes
- balsamic glaze
- 1 heaped tablespoon chopped garlic
- 500ml water
- 1 large tomato
- ½ green capsicum
- ½ red capsicum
- 1 small carrot

### METHOD

1. Firstly bring to boil the water and stock cubes and let this simmer for five minutes. Set aside.
2. Deseed tomato, capsicums and chop into small cubes. Cut the carrot lengthways and into quarters and then slice thinly. Set aside.
3. In a large non-stick fry pan add the couscous, extra virgin olive oil and garlic. Mix well together with your hands. Once mixed through place on a medium heat stirring and moving the couscous around until the colour changes to a light brown.
4. Immediately add half of the stock water and all the vegetables. As the couscous absorbs the stock water, keep adding a small amount, stirring continuously until the stock water has been used. Once the couscous has absorbed most of the stock, take off the heat.
5. Couscous should be just wet.
6. Serve immediately.

*Buon Appetito!*

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