

Roasted Carrots and Pumpkin Couscous

Season: Spring

Type: Main

Serves: 36 tastings

From the garden: Pumpkin, carrot & parsley



Equipment:	Ingredients:
<p>Large bowl x 2 Small bowl x 1 Wooden spoon x 2 Whisk x 1 Chopping boards and knives Measuring cups Measuring spoons Fork x 1 Baking tray x 2 Baking paper Serving bowl x 5 Serving spoon x 5</p>	<p>¼ butternut pumpkin (skin-off, cubed – 1.5cm) 4 carrots (skin-on, cubed – 1.5cm) 1 onion (finely chopped) 3 tablespoons olive oil Some salt and pepper</p> <p>2 cups couscous 2 cups boiling water (from kettle) 1 teaspoon salt</p> <p>½ cup sultanas ½ packet feta cheese (cut into small cubes) ¼ cup parsley (leaves only, finely chopped)</p> <p><i>Dressing:</i> 3 tablespoons olive oil ¼ cup honey 3 tablespoons red wine vinegar ¼ teaspoon salt 10 grind of pepper</p>

What to do:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put the first 5 ingredients in a large bowl, toss well.
4. Pour into the lined baking trays, bake in the oven for 20 minutes or until cooked.
5. Whisk together all the ingredients for the dressing in a small bowl, set aside.
6. In another large bowl, add couscous, boiling water and salt. Cover and set aside for 5 minutes.
7. Fluff up the couscous with a fork, add the roasted vegetables, dressing, sultanas, cheese and herb, mix lightly.
8. Serve into 5 serving bowls with a serving spoon in each.