

# Roasted Vegetable Couscous

Serves: 32 tastings



**From the garden:** pumpkin, beetroot, parsnip, onion & parsley

## Equipment:

- Large bowl x 2
- Wooden spoon x 2
- Chopping boards and knives
- Measuring cups
- Measuring spoons
- Vegetable peeler
- Fork x 1
- Baking tray x 2
- Baking paper
- Serving bowl x 5
- Serving spoon x 5

## Ingredients:

- 2 pieces pre-cut pumpkin (peeled, cut into small cubes)
- 3 beetroots (peeled, cut into small cubes)
- 2 parsnips (skin-on, cut into small cubes)
- 1 onion (finely chopped)
- 6 tablespoons olive oil
- 5 tablespoons brown sugar
- 3 tablespoons balsamic vinegar
- Salt and pepper to taste
  
- 2 cups couscous
- 2 cups boiling water (from kettle)
- 1 teaspoon salt
  
- ½ cup parsley (finely chopped)

## Method:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all ingredients except the last 4 in a large bowl, toss well.
4. Pour into a lined baking trays, bake in the oven for 25 minutes or until cooked.
5. Meanwhile, in another large bowl, add couscous, boiling water and salt. Cover and set aside for 5 minutes.
6. Fluff up the couscous with a fork, add the roasted vegetables and parsley, mix lightly.
7. Serve into 5 serving bowls with a serving spoon in each.