

Spiced couscous with roasted mediterranean vegetables

(Serves 4)

Ingredients

- 200g Aubergine
- 2 Shallots
- 2 tbsps Oil, Olive, napolini
- 1 Pepper, red, deseeded & chopped
- 1 Pepper, yellow, deseeded & chopped
- 2 Tomatoes, medium, halved
- 1 Garlic clove, crushed
- 1 tbsp Cumin, ground
- 1 tsp Coriander, dried, ground
- 1 tsp Paprika, sweet
- 1/2 Stock pot, (knorr vegetable)
- 350mls Water
- large pinch Saffron strands
- 1/4 tsp Black Pepper
- 225g Couscous (raw weight)
- 1 Lemon - juice of
- 30g Raisins
- 2 tbsps Mixed fresh herbs
- 2 tbsps Almonds, whole

Preparation

1. Pre-heat oven to 200°C/400°F/Gas Mark 6 (180°Fan).
2. Cut the aubergine into chunks. Blanche in boiling water on the hob for 2 minutes & drain.
3. Trim shallots. Parboil for 2 minutes with skins on. Plunge into cold water for 1 minute. Drain & remove skins.
4. Heat 1 tbsp of the oil on a baking tray in the oven.
5. Place the shallots, peppers, aubergine & tomatoes on the baking tray & coat with the oil.
6. Cook for 10 minutes for "al dente" vegetables or longer if you prefer them softer. Set aside on a plate & keep warm.
7. Heat other 1 tbsp oil in a large, lidded pan, on the hob.
8. Add garlic, cumin, coriander & paprika & fry over a gentle heat for 1 minute, stirring.
9. Prepare stock. Add stock, saffron strands & black pepper.
10. Stir & bring to boil. Stir in couscous.
11. Cover pan, remove from heat & leave for 5-8 minutes to absorb stock.
12. Fluff with a fork. Stir in the vegetables, lemon juice, raisins, mixed herbs & almonds.
13. Serve immediately.

TOP TIP: Lovely served warm on the day of making. Great for throwing into a lunch box & eating cold the following day.

NUTRITIONAL VALUES

PER SERVING

Calories 398

Total Sugars 10.67g

Total Fats 12.59g

Saturated Fats 1.79g

Salt 0.69g

Fruit & Veg 2