

Roasted Vegetable Cous Cous

Ingredients

50g Cous cous
125ml boiling water
1 vegan vegetable stock cube
1/2 red pepper
1/2 green pepper
1/2 red onion
1 courgette
50g mushrooms
2 tblsp olive oil or vegetable oil
2 tsp mixed herbs

Optional

Vegan cheese fresh herbs
Olives
Dried fruit



Method

1. Turn oven on 200oC/Gas 6. Boil kettle.
2. Prepare all the vegetables by cutting them into even size pieces.
3. Place them in a mixing bowl with the oil and herbs and mix well.
4. Place them onto a baking tray and cook in the oven for 30 minutes.
5. Put the cous cous in a bowl.
6. Add the vegan stock cube to the water and cover the cous cous.
7. Cover with cling film and leave for 10 minutes.
8. Prepare any additional ingredients.
9. When vegetables are soft mix with the cous cous.