

Cous cous and roast vegetable salad

Food Foundations • another NAQ Nutrition program

Ingredients:

Serves 20

- 2 kg vegetables, peeled, cut into 3 cm cubes
- Spray oil
- 3 cups cous cous (use wholemeal for extra fibre)
- 3 cups boiling water
- 250g sultanas
- ½ cup lemon juice
- 1 tablespoon olive oil
- 1 tablespoon curry powder



Method:

1. Preheat oven to 180 °C. Line a large baking tray with baking paper.
2. Place vegetables onto the tray and spray oil over the mixture. Toss to coat.
3. Bake for 40 minutes or until vegetables are golden and tender.
4. Meanwhile place cous cous in a heat proof bowl and add boiling water. Quickly cover with plastic wrap and allow to sit for 5 minutes. After this, use a fork to separate grains.
5. Add cooked vegetables and sultanas to the cous cous.
6. Dress with lemon juice, olive oil and curry powder.

Food Group	Serves provided per portion (Ingredients above for 20 portions)
Vegetables	1.3 serves
Fruit	0.4 serves
Grain foods	0.75 serves