

Together We Cook

Sunshine Vegetable Traybake











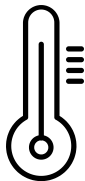



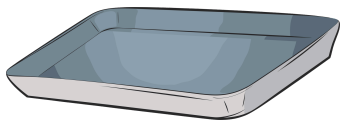


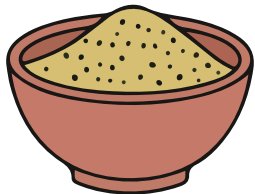
Serves 2



Ingredients

	100g dried couscous
	200g feta cheese (milk)
	1 clove garlic
	2 teaspoons oil

	1 courgette
	handful olives (without stones) optional
	1 red onion
	1 red pepper
	1 sweet potato
	8 cherry tomatoes OR 2 medium sized tomatoes
	2 tablespoons pesto sauce (milk, nuts)
	1 tablespoon dried oregano and some black pepper

1		Preheat the oven to 200°C
2		Mix oil , black pepper and oregano in a large bowl
3		Peel and crush garlic
4		Wash or peel all vegetables Cut tomatoes in half Chop onion , red pepper , courgette , sweet potato into 2cm pieces
5		Add olives and vegetables to the bowl and mix well Spread out onto a baking tray
6		Place in oven for 20-30 mins Vegetables should be tender and slightly brown
7		Chop feta cheese into 1cm pieces Stir into vegetables and drizzle pesto sauce over the top
8		Add couscous to 150ml boiling water Leave to stand for 5 mins Serve with the roast vegetables

Serving ideas



- Sprinkle with some fresh basil leaves
- Mix into pasta and sprinkle with cheddar cheese or parmesan instead
- Add some canned chick peas before roasting



Variations



1. Swap in butternut squash and beetroot chunks
2. Serve with garlic bread instead of couscous



Leftovers



- Delicious cold as a salad with couscous, rice or pasta or a chunky bread roll

