

## Sunshine Vegetable Traybake



### Ingredients (serves 2)

- 2 x teaspoon (5ml) oil
- 1 x tablespoon (15ml) dried oregano (optional)
- 1 red pepper
- 1 clove of garlic
- 1 courgette
- 1 red onion
- 1 handful of olives without stones (optional)
- 1 sweet potato
- 8 cherry tomatoes or 2 medium sized tomatoes
- 2 tablespoon (15ml) of pesto sauce (**nuts, milk**)
- 200g packet of feta cheese, opened and drained (**milk**)
- Black pepper
- 100g dried couscous (**wheat**) to serve




### Equipment

- Large bowl
- Tablespoon
- Teaspoon
- Knife
- Chopping board
- Garlic press
- Large metal baking tray
- Wooden spoon

### Method

1. Preheat the oven to 200°C.
2. Mix the oil, dried oregano and a sprinkle of black pepper in a large bowl.
3. Prepare the vegetables with a clean knife, on a clean chopping board:
  - peel and dice the red onion (about 2 cm. pieces)
  - peel and crush the garlic
  - cut the sweet potato into cubes (no need to peel)
  - Slice the courgette and chop into pieces (about 2 cm. cubes)
  - Cut the cherry tomatoes in half
  - Cut the pepper in half to remove the seeds and dice into cubes (about 2 cm pieces)
4. Add to the bowl, mixing well to coat with the oil, oregano, olives (if using) and black pepper.
5. Tip onto the baking tray and spread evenly.
6. Place in the oven for 20-30 mins. until the vegetables are tender and slightly dark on the edges.
7. On a clean chopping board break the feta cheese into 1 cm pieces.
8. Cook the couscous with hot water following the instructions on the packet.
9. Remove from the oven and serve in a warm dish, sprinkle with the feta cheese and use a tea spoon to drizzle the pesto over the vegetables.

## Together We Cook

	<p><b>Serving Ideas</b></p> <p>Sprinkle with some fresh basil leaves to add even more flavour.</p> <p>The roasted vegetables are delicious mixed into pasta and sprinkled with cheddar or parmesan, instead of feta cheese.</p> <p>Add some canned chick peas to the vegetables and roast for another delicious option.</p>
	<p><b>Variations</b></p> <p>This recipe can be adapted to use vegetables like butternut squash and beetroot chunks too.</p> <p>Serve with garlic bread instead of couscous.</p>
	<p><b>Leftovers</b></p> <p>The roasted vegetables are delicious cold and make a great salad mixed with couscous, rice or pasta or even in a chunky bread roll.</p>