



Roasted vegetable couscous



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Ingredients



- 200g couscous
- 350ml boiling water
- 1 x 5ml spoon low salt stock powder
- 1 small butternut squash
- 1 red pepper
- 1 green pepper
- 1 small red onion
- 1 small courgette
- 1 small aubergine
- 2 x 15ml spoon vegetable oil
- 1 small can of chick peas
- 15g chopped fresh mint
- 2 x 15ml spoon Balsamic vinegar
- Black pepper to taste (not shown)



serves 4 - 6

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Equipment

- Chopping board
- Vegetable knife
- Baking tray
- Pastry brush
- Baking sheet
- Large plastic bag
- Kettle
- Measuring jug
- Large mixing bowl
- Cling film
- Wooden spoon
- Fork
- Kitchen scissors
- Sieve
- Measuring spoons
- Tablespoon
- Pan stand
- Oven gloves



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Preparing the squash



1. Preheat the oven to 190°C or Gas Mark 5.
2. Cut the ends off the butternut squash and slice it in half lengthways.



3. Scoop out the seeds with a spoon.
4. Place the butternut squash onto the baking tray, brush lightly with oil (from the measured amount).



Prepare the vegetables



5. Cut the pepper in half and remove the seeds.



6. Dice the peppers.



7. Peel the onion, cut in half and cut into chunks.





Courgette and aubergine



8. Top and tail the courgette and cut into thick slices.



9. Cut off the stalk off the aubergine and slice in half lengthways.



10. Cut the aubergine into chunks.



Shake and bake



11. Place the chopped vegetables and the oil into a large plastic bag hold the top firmly. Shake to coat the vegetables with oil.



12. Place the coated vegetables onto the baking sheet with the butternut squash.



Hot oven – use oven gloves. Get an adult to help.

13. Bake for 25 minutes until the vegetables are starting to brown.



Cook the couscous



15. Make up the stock by mixing boiling water and the stock powder.



16. Put the couscous in the large mixing bowl, pour over the stock and cover with cling film. Leave until the liquid is absorbed (about 15 minutes).





Cool the vegetables



17. Use oven gloves to remove the cooked vegetables from the oven. Check the squash to see if the flesh is soft.

Hot oven
– use
oven
gloves.

18. Use a tablespoon to remove the flesh of the squash from its skin then chop this into chunks.



Next steps



19. When the couscous has absorbed all the stock remove the cling film and stir with a fork to fluff up the grains.



20. Use kitchen scissors to snip the mint finely.



21. Drain the chick peas.



Combine the ingredients



22. Add the roasted vegetables, mint, chick peas, pepper, and balsamic vinegar to the couscous.

Stir well to combine all ingredients and to coat them with the balsamic vinegar.



Serve



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