

Marvellous Mediterranean Couscous

Serves 4

275g couscous
1 garlic clove
1 red onion
1 red pepper
1 courgette
1 aubergine
250g cherry tomatoes
400ml vegetable stock
5 tbsp extra virgin olive oil
Juice of half a lemon
Salt and pepper to taste

1. Preheat the oven to 200°C/Gas mark 6.
2. Chop the vegetables (except the cherry tomatoes and garlic) into bite-sized chunks, taking care to remove all the seeds from the red pepper.
3. Place in a roasting tray with the whole cherry tomatoes and garlic clove then season with a little salt and pepper.
4. Drizzle with 4 tablespoons of the olive oil and roast for about 30 minutes.
5. Put the couscous in a heatproof bowl, add 1 tablespoon of the olive oil and cover with the stock. Cover with a plate or saucepan lid to keep in the heat. After 5 minutes fluff with a fork and squeeze on the lemon juice.
6. When the vegetables are cooked and soft to touch with the back of a fork, mix into the couscous and serve immediately.

Tip: For extra flavour why not try adding one of the following ingredients:

Cubes of feta cheese; slices of lightly fried halloumi cheese; cooked hot-dogs chopped into bite-size chunks; cubes of soft mozzarella; bite-sized pieces of crispy bacon; a garnish of fresh coriander leaves.

