

Roast Veggie + Couscous Salad

Ingredients:

- ½ pumpkin
- 2 carrots
- ¼ cauliflower
- 2 beetroots
- 1 kumara
- 400g canned chickpeas
- 3 tbsp olive oil
- 1 ½ cup couscous
- 3 tbsp balsamic vinaigrette

Method:

1. Preheat the oven to 200°C. Line a baking tray with baking paper.
2. Cut all your veggies into similar sized pieces and place on the baking tray.
3. Cover the veggies with the olive oil and place in the oven for 25-30 minutes.
4. While the veggies are roasting, drain your chickpeas. After 25-30 minutes add the chickpeas to the baking tray and place in the oven for a further 10-15 minutes.
5. Boil water in a pot on the stove and rinse your couscous. Place couscous in the boiling water and cook for around 6 minutes.
6. Drain then add to a large serving dish. Stir through the balsamic vinaigrette.
7. Once the veggies have finished roasting, add them to the dish and stir through the couscous.
8. ENJOY!

This is a super versatile recipe and you can use any veggies that you have at home. For example, you could add broccoli, parsnip or capsicum. This is so easy to make and it's perfect for dinner or lunch. If you have any veggies at home that need using, add them to this salad for a yummy meal and to help reduce food waste.