



## Roasted vegetables with couscous black beans & balsamic dressing

### Roasting veg brings out the flavour



SERVES: 3-4

PREPPING TIME: 5-10 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

- 1 or 2 onions, cut into wedges
- 1 sweet potato cut into chunks
- 1 red pepper cut into chunks
- 1 courgette cut into slices
- 2 tablespoons oil
- 2-3 teaspoons of mixed herbs & rosemary (fresh or dried)
- 50g / half mug couscous
- 200ml / 1 mug boiling water
- 1 stock cube
- 400g can of black beans
- Dressing:
  - 2 tablespoons oil
  - 2 tablespoons balsamic vinegar
  - 1 teaspoon of sugar

## DIRECTIONS

1. Wash, peel & prepare vegetables as described in ingredients list.
2. Place vegetables on a baking tray, coat with oil and herbs and put tray in oven for 30 minutes or until vegetables are browned.
3. Put couscous in bowl, pour over boiling water, stir in stock cube & cover.
4. Mix dressing ingredients together.
5. Drain & rinse the beans, heat in a pan with a little water, then drain again.
6. Mix cooked vegetables with the beans, drizzle over the dressing & serve with the couscous.

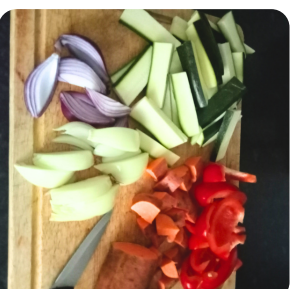


**TIP - You can use any vegetables, always cut the ones that take longest to cook into smaller pieces**

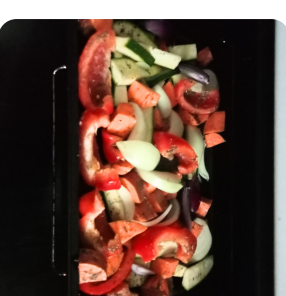
## Step-by-step

## Roasted vegetables with black beans, couscous & balsamic dressing

Heat oven: Gas 7 / 220 or 200 fan



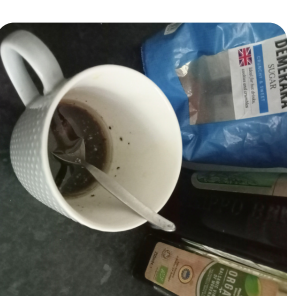
1. Wash, peel & chop vegetables



2. Place veg on baking tray, coat with oil & herbs. Put tray in oven for 30 minutes.



3. Put couscous in bowl, pour over boiling water, stir in stock cube & cover.



4. Mix dressing ingredients together.



5. Drain & rinse the beans, heat in a pan with a little water, then drain again.



6. Mix vegetables with the beans, drizzle over the dressing & serve with the couscous.