

# COUSCOUS SALAD WITH ROASTED VEGETABLES

AN EXCELLENT ADDITION TO A BUFFET WITH COLD MEATS OR FISH

## INGREDIENTS

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225	g	couscous
1	bunch	parsley
1	bunch	coriander
1		red onion
1		lemon
1	small tub	sundried tomatoes *
1		red pepper *
1		yellow pepper *
100	g	feta cheese
1	small pack	pine nuts
30	g	sunflower seeds
30	g	sesame seeds
4	tbsp	olive oil

## INSTRUCTIONS

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To cook couscous (the non slimming way) place it in a shallow oven proof dish (preferably not metal) and spread evenly. Sprinkle with water, so that all of the couscous is bathed, and the water just covers the couscous. Leave for about 10 minutes. Heat the oven to 200 degrees. When the couscous has absorbed the water, dot with butter, black pepper and salt and cover with tin foil. Place in the hot oven for 20 minutes. When you remove the couscous, immediately fluff up with a fork. This method of cooking leaves the couscous tasty and nutty, without going soggy. If you use a metal dish, however, it's possible for the couscous to go a bit hard around the edges - so an ovenproof pot or glass dish is better.

Cut peppers into half inch cubes (without seeds, of course). Toss in a little olive oil, and place a Tefal (or equivalent) non stick mat in a roasting dish. Add the peppers. Roast in a hot oven (200°) If using an Aga, you need to keep an eye on them in the hot oven. They probably need about 25 minutes - depending on your oven. It's okay if the edges get a bit singed.

In a small frying pan, roast the seeds (without oil) for a few minutes until they are just beginning to colour slightly.

Chop parsley and coriander, finely dice onion and extract the juice from the lemon. Chop up some sun dried tomatoes (about 100 gm), dice the feta cheese and mix all the ingredients except the olive oil together.

Finally, add the olive oil and leave to stand for at least half an hour for the flavours to develop.

\* In Italy, we buy loose sun dried tomatoes in oil – but you could just as easily buy a jar of these.

Similarly, I have written the recipe with peppers that you roast yourself, but well drained roast peppers from a jar are okay.