

Moroccan Roast Vegetable & Cous Cous Salad

Ingredients:

For the Salad:

- ❖ 1 cup of roast vegetable cous
cous (from your local deli)
- ❖ 1 cup of mixed spinach and
rocket
- ❖ ¼ cup sundried tomatoes
- ❖ ½ a red capsicum
- ❖ ½ a broccoli
- ❖ ½ zucchini
- ❖ ½ eggplant
- ❖ 1 handful of fresh coriander
- ❖ 1 bunch of asparagus
- ❖ 2 tbsp. of curry powder
- ❖ 1tbsp. olive oil
- ❖ 1 tin of lentils, drained and
rinsed.
- ❖ 50g of pepita seeds
- ❖ 25g of pine nuts
- ❖ 50g of feta
- ❖ Salt and pepper, to taste



Serves 4-6

Method:

To begin, chop the capsicums, sundried tomatoes, asparagus, eggplant, broccoli and zucchini into small pieces. Place in a frying pan and with a drizzle of olive oil and curry powder. Cook on medium heat until soft and slightly charred. Allow to cool before serving. In the meantime place pine nuts and pepita seeds in a frying pan on medium heat until golden brown. Next, mix and combine in a large bowl the room temperature roast vegetables, spinach, rocket, pine nuts, pepita seeds, lentils and cous cous. Once mixed carefully place salad on serving platter. Sprinkle with chopper coriander and feta. Season with salt and pepper as per your preferences

**If in a rush, a great way to cool the vegetables rapidly is to pop them in the freezer for 5 minutes after they have been cooked.*