

# Lunchbox Couscous



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SERVES 4



## INGREDIENTS

- 1 cup wholemeal couscous
- 1 salt reduced vegetable stock cube
- 1 cup boiling water
- ½ red onion, finely chopped
- 2 cups mixed roast vegetables [i.e. sweet potato, capsicum, zucchini, pumpkin]
- Juice of 1 lemon
- 1 tablespoon olive oil
- 1 tablespoon fresh herbs, finely chopped

## METHOD

1. Place the couscous into a heatproof bowl.  
Dissolve stock cube in 1 cup of boiling water.
2. Pour stock over the couscous and cover bowl to trap the heat. Leave to stand for 5 minutes.
3. Remove cover and fluff up the couscous with a fork.
4. Stir in the red onion, roast vegetables, lemon juice, olive oil and herbs.
5. Refrigerate until ready to serve.

## RECIPE NOTES

- Couscous is really quick and easy to prepare and a great way to use up leftover roast vegetables like pumpkin, sweet potato, zucchini and carrot.
- Try adding other vegetables like cherry tomatoes and cucumber or a tin of tuna or shredded roast meat.
- Sprinkle with feta cheese before serving for extra flavour.