

Pearl Cous Cous

Warm Salad

Ingredients

- 1 1/2 Pearl couscous
- 1 Beetroot
- 1 1/2 cups cherry tomatoes
- 1/2 red onion, diced
- 1 Sweet Potato or pumpkin
- 1/2 cup crumbled feta
- 1 tbsp red wine vinegar
- 2 tbsp olive oil – separated
- Salt & pepper



Method

- Preheat oven to 200C. Add diced beetroot, diced red onion, sweet potato and cherry tomatoes to a large mixing bowl and toss with 1 tbsp of oil and salt and pepper. Bake vegetables for 25 minutes, until soft.
- While the vegetables bake boil 2 cups of water. Once the water is boiling add 1 and 1/2 cups pearl couscous to boil. Reduce to low heat and cover. Simmer until all of the water is absorbed and the pearl couscous is cooked through.
- Remove the baked vegetables from the oven. Allow the veggies and couscous to cool. Add them both to a large mixing bowl with the crumbled feta, 1 tbsp oil and vinegar and toss to combine.
- Add salt & pepper for taste

