

# Roast Veggie and Couscous Salad

OSHC

Food Foundations



**Serves:** 20

**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

## Ingredients

- 500g pumpkin, cubed
- 500g cherry tomatoes, halved
- 2 red onions, sliced
- 800g can chickpeas, drained and rinsed
- Olive oil spray
- 1 tbsp smoked paprika
- 3 cups couscous
- 3 cups vegetable stock
- 240g baby spinach
- ½ cup raisins, sultanas or currants

Dressing:

- 2 tbsp olive oil
- 1 tbsp honey
- Juice of 1 lemon

## Method

1. Preheat oven to 220°C and line a large baking tray with baking paper.
2. Place pumpkin, cherry tomatoes, red onion and chickpeas on tray. Spray with olive oil and sprinkle with smoked paprika. Toss until all vegetables are coated.
3. Bake in the oven for 20 minutes or until vegetables are cooked. Allow to cool.
4. Meanwhile, prepare couscous by placing in a heatproof bowl, pour over boiling vegetable stock and cover for 10 minutes. Fluff up couscous using a fork and allow to cool.
5. In a small bowl, combine all ingredients for the dressing.
6. Combine couscous, roasted vegetables, baby spinach, raisins (or sultanas or currants) in a large bowl. Stir through the dressing.

### Recipe Notes:

Some other vegetables that would go well in this salad include sweet potato, capsicum, beetroot, corn or zucchini. If children at your service do not like chickpeas, omit these and serve alongside grilled chicken or meatballs.

Food Group	Serves provided per portion
Vegetables	1
Fruit	0.1
Grain foods	0.8
Lean meat and alternatives	0.3
Milk, yoghurt and cheese	0

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12/212 Curtin Avenue West, Eagle Farm, 4009 | ph (07) 3257 4393 fax (07) 3257 4616

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