

Roast veggie and couscous salad

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 20

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

Dressing:

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



Method:

1. Preheat oven to 220C and line a large baking tray with paper.
2. Place pumpkin, tomatoes, onion and chickpeas on tray. Spray with olive oil and sprinkle with smoked paprika. Toss until all veg is coated.
3. Bake in oven for 20 minutes or until veg is 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 cous cous using a fork and allow to cool.
5. In a small bowl, combine all ingredients for dressing.
6. Combine couscous, baked veg, baby spinach and currants in a large bowl, stir through dressing.

Note:

- Sweet potato, capsicum, beetroot, corn or zucchini would also go well in this salad.
- If the children at your centre do not like chickpeas, omit these and serve alongside grilled chicken or meatballs.

Food Group	Serves provided per portion
Vegetables	1
Fruit	0.12
Grain foods	0.82
Lean meat and alternatives	0.26