

Couscous with Rosemary Roasted Vegetables

This recipe is a quick lunch for 3-4 or can be served as part of a main meal with chicken kebabs or other grilled meat.

- 1 small butternut squash – peeled and cut into 3cm cubes
- 1 courgette – diced into 3 cm cubes
- 1 red pepper – halved, deseeded and cut into 2cm strips
- 2 tbs fresh [rosemary](#) leaves – roughly chopped
- 6 tbs olive oil
- 10 cherry tomatoes
- 50 g butter
- 250 g couscous
- 2 tbs balsamic vinegar
- 1 tsp wholegrain mustard
- 1 tsp honey
- salt and black pepper

Preheat your oven to 200C, 400F or Gas Mark 6.

Mix the prepared vegetables with the rosemary and half of the olive oil in a small roasting tin and cook for 30 minutes. Remove from the oven and add the tomatoes, stir gently and return to the oven for a further 5 minutes

Meanwhile prepare the couscous as per the instructions on the pack and whisk together the vinegar, mustard, honey with the remaining oil in a small bowl to make the dressing, season to taste.

When the vegetables are nearly ready, melt the butter in a large pan and gently sauté; the couscous for 3 – 4 minutes. Divide the couscous between individual plates and top with the roasted vegetables.

Drizzle over the dressing to taste.