



Alström Syndrome UK
Strength for today, hope for the future

Stay Fit, Stay Healthy, Stay Happy

Katie and Hannah's Roasted Vegetable Couscous



Preparation Time
10 minutes

Cooking Time
35 minutes

Serves 2

www.alstrom.org.uk

What will I need?

50g of Dried Couscous per serving	A handful of Mushrooms
Vegetable stock cube (optional)	Courgettes
Range of medium sized vegetables such as:	Sweet potato
Peppers	To increase protein content, add cooked chicken or salmon to the completed dish.
Onions	

What will I need to do?

1. Cook the dried couscous as per instructions on packet. You can use a vegetable stock cube to add more flavour.
2. Chop up the vegetables of your choice into chunks and spread out in a roasting tray.
3. Drizzle with olive oil and lightly season with salt and pepper.
4. Cook in the oven at 210 degrees C or 180 degrees C Fan or Gas Mark 6 for approximately 35 minutes, stirring halfway through.
5. Once cooked, add to the couscous and serve.

Top Tips

Try to keep the vegetable chunks the same size as each other.

This dish is a great addition to cold meats and salad.