

Couscous with Roasted Carrot and Beetroot

Season: Summer

Type: Main

Serves: 36 tastings

From the garden: Beetroot, onion & oregano

Class focus: Fluff couscous, finely chopped & cleaning beetroot.



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Small mixing bowl x 2 Wooden spoon x 2 Whisk x 1 Chopping boards and knives Measuring cups Measuring spoons Fork x 1 Baking tray x 1 Baking paper Serving bowl x 5 Serving spoon x 5</p>	<p>2 beetroots (top & tail trimmed, skin-on, finely chopped) 3 carrots (skin-on, finely chopped) ½ onion (finely chopped) 3 tablespoons olive oil ¼ teaspoon salt 10 grinds of pepper</p> <p>2 cups couscous ¼ cup sultanas 1 teaspoon salt 2 cups boiling water (from kettle)</p> <p><i>Dressing:</i> 2 tablespoons olive oil 2 tablespoons honey 2 tablespoons red wine vinegar 3 sprigs oregano (leaves only, finely chopped) ¼ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Heat oven to 180C.
2. Wash all the vegetables and herb.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Combine the first 6 ingredients in a small mixing bowl.
5. Pour into the lined baking tray, bake in the oven for 20 minutes or until cooked.
6. Put the next 4 ingredients in a large mixing bowl, cover and set aside for 5 minutes.
7. Combine all the dressing ingredients in a small mixing bowl, set aside.
8. Fluff couscous with a fork, add the roasted vegetables and dressing, mix gently.
9. Serve into 5 serving bowls with a serving spoon in each.