



Moroccan CousCous with Roasted Vegetables & Feta

We designed the recipe to go with couscous, but it is also terrific with bulgur or quinoa.

Ingredients:

5 garlic cloves crushed
3 TBL olive oil
3 tsp balsamic vinegar
salt & black pepper, to taste
4 deseeded and sliced red, yellow or orange bell peppers (a mix)
4 quartered ripe tomatoes
1 large red onion sliced in 1-inch pieces
300 g sheep milk feta in cubes
200 g pitted Kalamata olives
Vegetable stock (or water) approximately 1.5 times the volume of couscous
300g couscous
1 TBL Ras el Hanout
2 rounded TBL butter
¼ cup pine nuts
¼ cup fresh Italian parsley, coarsely chopped

Instructions:

- 1 - Preheat oven to 400°F
- 2 - Mix together the chopped garlic, olive oil, balsamic vinegar, salt and pepper in a large bowl.
- 3 - Toss in the peppers, tomatoes and onion. Stir until everything is well coated.
- 4 - Remove vegetables from the marinade and put in the feta and olives (add more oil and vinegar if required).
- 5 - Put the veggies in a roasting pan in the oven.
- 6 - After 15 or 20 minutes stir the veggies and add the now marinated feta and olives.
- 7 - Cook another 15 to 20 minutes until the edges of the veggies begin to brown.
- 8 - While veggies are cooking, prepare the couscous as per package directions and adding the Ras el Hanout and butter to the pot before simmering.
- 9 - Lightly roast the pine nuts in a dry pan.
- 10 - Mix vegetables and couscous together and serve hot, topped with the pine nuts and parsley.

Spices Used: Ras el Hanout

4 Servings