

Autumn Lunch

Couscous with roasted vegetables, feta and a seasonal apple or pear.

*Simple. Seasonal.
Delicious.*



EAT
THE
SEASONS



SERVES
2-4



PREP TIME
15 mins



COOK TIME
25 mins



TOTAL TIME
40 mins

Ingredients

- 150 g couscous
- 1 tbsp olive oil (plus extra for drizzling)
- 1 small butternut squash, peeled and diced
- 1 red pepper, chopped
- 1 courgette, chopped
- 1 red onion, cut into wedges
- 200 g cherry tomatoes
- 1 tsp dried thyme
- Salt and freshly ground black pepper
- 100 g feta cheese, crumbled
- 1 apple or pear (seasonal), thinly sliced
- A handful of fresh parsley or mint, chopped (optional)
- Juice of ½ lemon



Good to know

This recipe works beautifully with whatever seasonal vegetables you have to hand.

Method

- 1 Heat your oven to 200°C (180°C fan) / 400°F / Gas 6. Toss the butternut squash, pepper, courgette, red onion and cherry tomatoes with olive oil, thyme, salt and pepper. Spread on a baking tray and roast for 20–25 minutes, until tender and caramelised.
- 2 Meanwhile, place the couscous in a heatproof bowl. Pour over 200 ml boiling water, cover and leave for 5 minutes, then fluff with a fork.
- 3 Let the roasted vegetables cool slightly, then toss with the couscous.
- 4 Gently fold in the sliced apple or pear and crumbled feta.
- 5 Add a drizzle of olive oil, a squeeze of lemon juice and chopped herbs, if using.
- 6 Taste and adjust the seasoning, then serve warm or at room temperature.



Top Tip

Use a crisp, sweet apple (like Braeburn) or a juicy pear (for example Conference) for the perfect autumn flavour.



GOOD FOOD • BRIGHTER DAYS



Summer Blue

*Seasonal food
happier you* ♥