W2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Baked Spiced Feta

with Couscous

A traybake of roasted sweet potato, capsicum, cherry tomatoes and feta over pearl couscous, with a honey vinaigrette and parsley.

35 minutes Vegetarian 2 servings

FROM YOUR BOX

PEARL COUSCOUS	150g
RED CAPSICUM	1
CHERRY TOMATOES	200g
SWEET POTATOES	400g
FETA CHEESE	1 packet
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, honey or maple syrup, red wine vinegar

NOTES

You can toss all the components of this dish together to make a warm salad if preferred.

No gluten option - pearl couscous is replaced with basmati rice. Place rice in a saucepan and cover with 300ml water. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

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1. COOK THE COUSCOUS

Set oven to 220°C.
Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.

TIP ***Stir olive oil or butter through the cooked couscous to loosen and add flavour.***

2. BAKE THE FETA AND VEGETABLES

Slice **capsicum** and halve **tomatoes**. Dice **sweet potatoes** and **feta cheese**. Toss on a lined oven tray with **1 1/2 tbsp spice of choice** (see tip), **1 1/2 tbsp olive oil**, **salt and pepper**. Roast for 15 minutes until golden.

TIP ***You can use a pre made marinade or sauce such as harissa or curry paste. Ground spices such as cumin, smoked paprika or coriander. Add some chickpeas or beans to the tray for added protein.***

3. PREPARE THE DRESSING

Whisk together **2 tbsp olive oil** with **1 tbsp vinegar** and **1/2 tbsp honey**. Season with **salt and pepper**.

TIP ***You can use lemon, lime instead of vinegar for depth of flavour.***

4. FINISH AND SERVE

Divide **pearl couscous** among shallow bowls. Top with **baked feta and vegetables**. Spoon over **dressing** to taste and garnish with **chopped parsley**.

TIP ***Add some fresh dill, mint or toasted nuts to garnish.***

This recipe has simplified instructions to help lower your meal cost.