

## Honey rainbow vegetable couscous

120g cous cous	1 vegetable stock cube
250g cooked beetroot	2tsp harissa paste
2 carrots (cut into batons)	1 tbsp red wine vinegar
25g honey	10g chopped coriander
30g pumpkin seeds	4 tbsp olive oil
100g feta cheese (crumbled)	salt and pepper
1tsp smoked paprika	



Serves 2

1. Preheat the oven to 200C and boil the kettle
2. Remove the cooked beetroot from its packaging and keep the juice in a bowl for later.
3. Cut the beetroot into 8 pieces and put in bowl with the carrot batons
4. Coat the carrots and beetroot with 2tbsp oil then sprinkle with smoked paprika and season with salt and pepper.
5. Spread evenly across a baking tray and bake for 20 mins until the carrots are cooked. After 20 minutes, crumble the feta over the beetroot and carrot. Drizzle with honey and add chopped coriander. Return to the oven for 5 minutes
6. Dissolve the stock cube in 200ml of boiling water, then stir in the harissa paste.
7. Add the couscous to the harissa stock, cover and set aside.
8. Toast pumpkin seeds in a dry pan, until they start to brown slightly and pop.
9. Make a dressing with the beetroot juice, red wine vinegar, olive oil, salt and pepper.
10. Fluff the couscous with a fork and season with salt and pepper
11. Serve the beetroot, carrot and feta over the couscous
12. Drizzle the dressing and sprinkle the pumpkin seeds over the top and enjoy!

Go vegan by using maple syrup in place of honey and roast butternut squash instead of feta.