Vegetable Cous Cous

- **Ingredients**
  - 250g Cous cous
  - 1 Onion
  - 2 garlic cloves
  - ½ cup peas
  - 1 large carrot
  - 150g mushrooms
  - 100g pumpkin
  - Oil
  - 250ml vegetable stock
  - Salt and pepper
  - 2 x 20g butter

- **Method**
  1. Finely dice the onion, garlic, and carrot.
  2. Dice the pumpkin and mushroom.
  3. Put 250ml chicken or vegetable stock in a saucepan, add 1 tablespoon of oil and 1 teaspoon
salt bring to the boil, Once boiling remove from the heat and add 250g cous cous, allow to stand for 2 mins.

4. Add 1 tablespoon of butter and stir through the cous cous to separate the grains, set aside.

5. Put a dash of oil in a frying pan and add onion, cook until soft add garlic and carrot, continue cooking for another 5 mins stirring occasionally

6. Add pumpkin and mushroom and peas and 1 tablespoon butter and continue to cook until vegetable is soft.

7. Take of heat and stir through cous cous season with pepper.