

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.