



# ROASTED ROOT VEGETABLE STEW WITH HERBY COUSCOUS

FAST. EASY. FRESH.

**1.** Start by preheating your oven to 450°F. Chop your **yam** into bite-sized pieces, peel and dice the **celeriac**, and peel and dice the **carrot**. Spread the veggies plus the **squash**, onto a parchment-lined baking sheet and toss with 2 Tbsp. **olive oil**, **red wine vinegar**, **thyme**, and a pinch of **salt** and **pepper**. Roast for 25 minutes.

**2.** Meanwhile, thinly slice the **red onion** and pick and chop the **rosemary** leaves. Heat a 1 Tbsp. oil in a large pan over medium heat then add the **bay leaf**, **flour**, onion, and rosemary leaves. Heat your **vegetable stock** in the microwave or in a small pot until hot.

**3.** Stir well, then reduce the heat to low and cook for 10 minutes, stirring occasionally, until the onion is soft. Stir in the **tomato paste** and cook for another 2 minutes.

**4.** Add the **plum tomatoes** and your vegetable stock, bring to a boil, then reduce heat, and simmer for 10 minutes. Next, take the roasted veggies out of the oven and stir into the tomato mixture, and simmer another 10 minutes.

**5.** To make the couscous add the remaining stock to the **couscous** in a medium bowl, cover with plastic wrap, and leave to sit for 8-10 minutes. Add the roughly torn leaves of the **parsley**, a squeeze of **lemon** juice, and season with salt and pepper to taste.

**6.** To serve, scoop the couscous into dishes and then top with your vegetable stew. Enjoy!

## Ingredients (2 Person Serving – 630 Calories Per Serving)

Butternut Squash  
Yam  
Carrot  
Celeriac  
Olive Oil  
Red Wine Vinegar  
Red Onion  
Fresh Rosemary  
Dried Thyme

500 g  
1 Small  
1 Large  
1 Small  
3 Tbsp.  
1 Tbsp.  
1 Small  
1 Sprig  
2 tsp.

Bay Leaf  
All-Purpose Flour  
Tomato Paste  
Plum Tomatoes  
Vegetable Stock  
Couscous  
Parsley  
Lemon  
Salt and Pepper

1  
1 Tbsp.  
1 Tbsp.  
1 398 ml Can  
2 Cups  
100 g  
Small Bunch  
1  
To taste



**40** Minute  
Cook  
Time!