

MIRIAM'S HEALTHY ROASTED VEGETABLES

SERVES: 4

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

I N G R E D I E N T S

- 2 Courgettes, chopped
- ½ head broccoli, cut into florets
- 2 red bell peppers, seeded and chopped
- 1 tablespoon garlic powder
- 1 tablespoon dried parsley
- Pinch of salt
- 1 teaspoon pepper
- 3 tablespoons olive oil, divided
- ½ cup parmesan cheese
- 1 Can chickpeas, drained and rinsed
- 1 cup couscous, cooked

D I R E C T I O N S

1. Preheat oven to 170C.
2. Chop all of the vegetables and place in a baking tray
3. Sprinkle over olive oil, parsley, garlic powder, pepper and grated parmesan
4. Place in the oven for 45 minutes, occasionally stirring the vegetables
5. Prepare the couscous and add the chickpeas
6. Remove vegetables from the oven and serve with the couscous
7. This is delicious served with salad and/or some feta cheese