



EGGPLANT & COUS COUS SALAD

Ingredients:

- 500 grams Cous Cous
- 1 large Eggplant, *cut into eighths*
- 1 small Sweet Potato, *cut into even sizes*
- 1 Red Onion, thinly sliced
- 1 bunch fresh Asparagus
- 100 grams Sugar Snap Peas
- 100 grams Baby Spinach leaves
- Olive oil
- Salt & pepper

Method:

- Preheat oven to 200°C
- Prepare Cous Cous as per instructions and leave to cool.
- Place Eggplant and Sweet Potato on a baking tray, drizzle with Olive oil and salt and pepper to taste. Cook in oven until tender.
- Blanch Asparagus and Sugar Snap Peas in salted boiling water for 30-60 seconds, remove from boiling water and refresh in ice water.
- Combine all ingredients together in a bowl and toss and serve.

- Serves 6.