



## SUGAR SNAP AND SWEET POTATO COUS COUS SALAD

### Ingredients:

- 200 grams Sugar Snap Peas
- 1 medium Sweet Potato, *cut into even pieces*
- 500 grams Cous Cous
- 1 large Eggplant, *cut into eighths*
- 1 red Onion, *thinly sliced*
- 1 bunch fresh Asparagus
- 100 grams baby Spinach leaves
- Olive oil
- Salt and pepper

### Method:

- Pre-heat oven to 200°C.
- Prepare cous cous as per packet instructions and leave to cool.
- Place eggplant and sweet potato on a baking tray with olive oil, sprinkle with salt and pepper to taste and cook in oven until tender.
- Prepare peas - wash in cold water, then top, tail and remove and discard the string running along either side of the pod.
- Blanch asparagus and sugar snap peas in boiling salted water for 30-60 seconds, remove from boiling water and refresh in ice water.

### To Serve:

- Combine all ingredients in a salad bowl, toss together and serve.
- Serves 4-6.