

# Cous Cous and Roasted Vegetable Salad



|                       |                                                                                                                                                                                                                                             |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Serves                | 6                                                                                                                                                                                                                                           |
| Prep time             | 20 minutes                                                                                                                                                                                                                                  |
| Cook time             | 40 minutes                                                                                                                                                                                                                                  |
| Total time            | 1 hour                                                                                                                                                                                                                                      |
| Allergy / Intolerance | <a href="#">Amines</a> , <a href="#">Artificial Additives</a> , <a href="#">Artificial Colours</a> , <a href="#">Dairy</a> , <a href="#">Egg</a> , <a href="#">Glutamates</a> , <a href="#">Preservatives</a> , <a href="#">Salicylates</a> |
| Suitable for          | <a href="#">Dairy / Lactose Free</a> , <a href="#">RPAH Elimination Diet - Low Chemical / Failsafe</a> , <a href="#">RPAH Elimination Diet - Moderate Chemical</a> , <a href="#">Salicylate Challenge</a>                                   |
| Meal type             | <a href="#">Salad</a> , <a href="#">Side Dish</a>                                                                                                                                                                                           |
| Misc                  | <a href="#">Child Friendly</a> , <a href="#">Pre-preparable</a> , <a href="#">Serve Cold</a> , <a href="#">Serve Warm</a>                                                                                                                   |
| Occasion              | <a href="#">Barbecue</a> , <a href="#">Picnic</a>                                                                                                                                                                                           |

## Ingredients

- 800g chopped vegetables (Refer to note, cut into 1.5 - 2 cm sized pieces.)
- Rice bran oil
- 2 cups cous cous (uncooked)
- Salt
- Butter or Nuttelex
- 2 tablespoons chives and/or parsley (finely chopped)

## Optional

- 1/2 cup raw cashews (roughly chopped)

## Directions

1. Preheat the oven to 180°C.
2. Toss the chopped vegetables in 2 tablespoons of the rice bran oil then spread over a large baking tray.
3. Roast the vegetables for 40 minutes, turning half way through.
4. When the vegetables are almost done cook the cous cous as per the directions on the packet. Stir in the parsley and/or chives.
5. Spread the cous cous over the base of a large flat bottomed bowl. Place the vegetables on top then sprinkle with cashews (if using).
6. Serve the salad warm or place in the fridge until ready and allow to come to room temperature before serving.

## Note

Low / Moderate Salicylates, Low Glutamates, Low Amines

For a low chemical / failsafe version you can use peeled potato, leek, swede and choko. If moderate salicylates are tolerated you can also use carrot, sweet potato, butternut pumpkin, beetroot and parsnip.

Cooked, but firm green beans can also be added.