Roasted Veg & Halloumi Cous Cous

FOR HEALTHIER BALANCE

This recipe is a go to favourite for a simple home cooked meal.

The aim is to make it as colourful as possible so it can pack in a

(i) 45

4 SERVINGS

variety of vitamins.

PREP TIME: 20 MINS



INGREDIENTS

- 1 Pepper (colour of your choice)
- ☐ Courgette
- ↑ Aubergine
- 1 Large red onion
- 4-6 cloves garlic
- 200g mushrooms
- 80g cherry **Tomatoes**
- 225g halloumi
- 100g Walnuts (chopped into half)
- l vegetable stock cube
- 320g cous cous
- 450mls water
- 150g cooked and peeled **king prawns** (for vegetarian option do not add prawns)

Spices:

- 1/2 teaspoon Salt
- Pepper
- · 1 tablespoon Paprika powder
- 1 tablespoon oregano
- 1 teaspoon chilli powder (optional)
- · 2 tablespoons vegetable oil



helping young adults live **well** with cancer

All our recipes are created by a registered oncology dietitian. These recipes are intended as **p** source of ideas for meals, drinks, and snacks that could be incorporated into your diet if you require a high-energy diet during and after cancer treatment. However, it is essential to consult with your medical team for personalized advice tailored to your specific treatment pathway.

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METHOD

1) Pre-heat the oven to 180°C.

- 2) Roughly chop up all vegetables into big pieces, leave the garlic with skins on and put in a roasting tin.
- 3) Add 2 tablespoon oil over the yea, salt, pepper, mix and put into the oven. Set a timer for 20 minutes.
- 4) Meanwhile, chop up halloumi into good sized cubes and roughly chop walnuts in half.
- 5) When the timer goes off, take roasting tin out of the oven and mix, remove the garlic cloves and put to one side. Add in
- the halloumi, walnuts and cherry tomatoes into the roasting tin. Put back into the oven and set timer for 15 minutes 6) While waiting measure out the cous cous.
- 7) Make up vegetable stock by adding 450mls boiling water to stock cube in a jug.
- 8) Mix the stock into the cous cous in a bowl, cover bowl with a lid or plate and leave to one side.
- 9)Remove skins from the garlic which came out of the roasting tin and use a garlic press or finely chop to place crushes garlic into the cous cous. Add 1 tablespoon paprika to this mix. Replace lid onto cous cous and set to one side.
- 10) When the timer goes off add the cooked and peeled prawns into the tin and place back in the oven for 2-3 minutes
- 11) Finally, take the roasting tin out of the oven and mix in the cous cous mixture into it.

12) Serve with side salad.

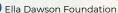
NUTRITIONAL INFORMATION PER PORTION SMOOTHIE BOWL

ENERGY: 641KCAL FATS: 39.8a CARBOHYDRATES: 46.74q OF WHICH SUGAR 8q **FIBRE:** 10.4a PROTEIN: 29.9a



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