

# 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 variety of vitamins.



4 SERVINGS

PREP TIME: 20 MINS



## INGREDIENTS

- 1 **Pepper** (colour of your choice)
- 1 **Courgette**
- 1 **Aubergine**
- 1 Large **red onion**
- 4-6 cloves **garlic**
- 200g **mushrooms**
- 80g cherry **Tomatoes**
- 225g **halloumi**
- 100g **Walnuts** (chopped into half)
- 1 **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



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*All our recipes are created by a registered oncology dietitian. These recipes are intended as a 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 veg, 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:** 39.8g    **PROTEIN:** 29.9g    **CARBOHYDRATES:** 46.74g **OF WHICH SUGAR** 8g    **FIBRE:** 10.4g

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