

# Roasted Capsicums with Cous Cous Vegen and vegetarian recipe

2-4 Capsicums depending on how many you are cooking for  
1 onion diced  
1 clove Garlic  
1 can diced tomatoes  
1 Lebanese eggplant  
Mushrooms if desired  
1 cup cous cous or amount to suit quantity needed. ½ cup boiling water

Teaching You how to SAVE:-



Honey Chilli Chicken Stir Fry  
11 MINUTES



Chicken Filo  
20 MINUTES



EFFORT

Heat large skillet to 7/10, fry (no oil) onion and garlic until caramelised.(about 2 minutes). Add diced eggplant and fry. Add tomatoes and cous cous that has been soaked in boiling water. Mix well to combine. Scoop mixture into your capsicums. Reserve any extra mixture into your mixing bowl for later

Rinse pan and replace capsicums. Cook on 4/10 until gauge is green. Turn off let stand 10 minutes and enjoy.

This takes about 15 minutes from start to finish.

If you are gluten intolerant replace cous cous with rice or whatever your dietary requirements allow.