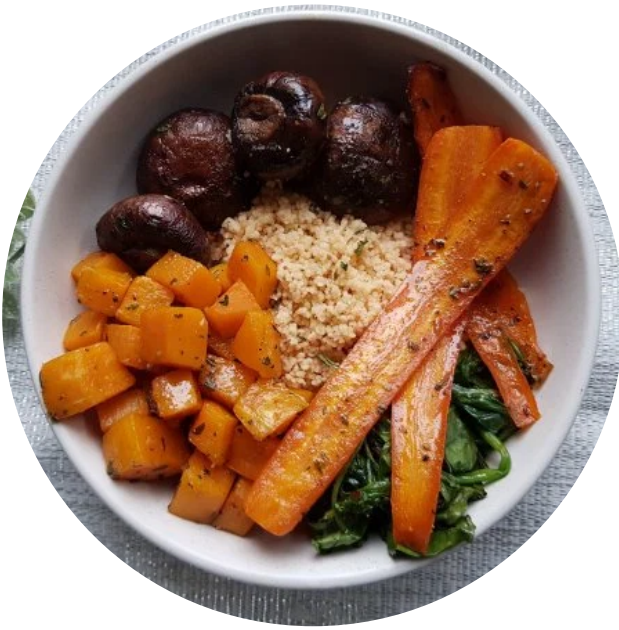


# ROAST VEG BUDDHA BOWL



## Ingredients

- 80g Cous Cous
- 1/4 Tsp Paprika
- Half a Butternut Squash
- 2 Carrot
- 4 Handfuls Spinach
- 6-8 Mushroom
- 2 Garlic Cloves
- 2 Tsp Honey
- 1.5 Tbsp Oil
- Salt & Pepper
- Parsely
- Chilli flakes

## Prep Time

- Prep Time: 15 minutes
- Cooking Time: 25 Minutes
- Total Time: 40 minutes

## Preparation- serves 2

1. Preheat the oven the oven to 180 degrees C/ 355 degrees F and line a baking tray with baking paper.
2. Prepare the vegetables: Peel the garlic, squash and carrots.
3. Wash the mushrooms and Spinach. Dice the squash into cube and slice the carrot lengthways.
4. Place them and the mushrooms on the lined baking tray. Mice the garlic gloves and sprinkle the vegetables with it and some salt, pepper, chilli flakes and parsley.
5. Drizzle the veg with oil and drizzle the carrots & squash with the honey.
6. Bake in the oven for 15 minutes. After 15 minutes make space on the tray and add the spinach.
7. Bake for an additional 10-15 minutes until the vegetables are tender.
8. Make the cous cous: place it in a bowl with 1/4 tsp of paprika and some salt, to that add boiling water and allow it to soak for 5 minutes.
9. Arrange the vegetables and cous cous in your bowls and serve!