



*We are all looking for quick and easy sides this time of the year. Couscous is such an easy ingredient to prepare. Add some slow roasted tomatoes, fresh herbs and chevin cheese and you have a simple but flavour packed side. This salad is the ideal side to your next dinner or braai, although it can also firmly stand on its own as a meat free meal. Add a tin of chickpeas for extra protein and you're good to go. My favourite is that this salad can keep in the fridge for up to 4 days.*

# Roasted tomato, herb & chevin couscous

## Ingredients

**SERVES 4 - 6**

500 g baby tomatoes, halved  
olive oil for drizzling  
2,5 ml dried oregano  
salt and pepper to taste  
1 large red onion, finely sliced  
2 cloves garlic, crushed

250 ml wholewheat couscous  
250 ml hot vegetable or chicken stock  
handful of chives, finely chopped  
250 ml basil leaves, finely chopped  
125 ml Italian parsley leaves, finely chopped  
125 ml mint leaves, finely chopped  
white wine vinegar  
100 g chevin (creamy goat's cheese), torn into bite size pieces

## Method

1. Heat an AMC 24 cm Chef's Pan over a medium temperature until the Visiotherm reaches the first red area. Add onions and garlic sautéing until soft and fragrant. Remove from heat and set aside.
2. Preheat the oven to 200°C. Arrange the tomatoes onto a greased baking tray, drizzle with olive oil and season with salt, pepper and oregano. Roast for 35 minutes or so.
3. Meanwhile, place couscous in a 24 cm Dome and pour hot stock over. Allow to stand for 5 minutes then fluff with a large fork.
4. Decant the fluffed up couscous into an AMC 24 cm Salad Bowl. Add the tomatoes including the juice, onion mixture, fresh herbs, chevin and white wine vinegar and mix gently until evenly combined. Season with freshly ground salt and pepper to taste.

### TIPS & VARIATIONS:

- If you need to save time substitute baby tomatoes with marinated sun-dried tomatoes.
- Chevin cheese can be replaced with Feta cheese