

# Sophie's Cous Cous with Roast Vegetables and Orange Dressing

Recipe from Sophie, Financial Accountant at The Pinnacle Foundation

## INGREDIENTS:

1 portion of roasted vegetables of your choosing  
2 cups of cous cous  
2 tablespoons olive oil  
2 teaspoons sea salt  
100g crumbled feta  
1/2 cup parsley, rough chopped  
1/3 cup pistachios, rough chopped

## DRESSING:

1 roasted garlic clove, mashed with a fork  
1 tablespoon orange zest  
1/4 cup orange juice  
3 tablespoons olive oil  
1 tablespoon wholegrain mustard  
Sea salt and freshly ground pepper to taste

## METHOD:

### Step 1

Set aside your pre-roasted veggies and garlic, allowing them to come to room temperature

### Step 2

While the veggies rest, combine cous cous, olive oil, and salt in a large heatproof bowl.

Add 2 cups of boiling water, cover with cling film, and allow to stand for 5 minutes until all of the liquid has been absorbed.

Fluff the cous cous with a fork.

### Step 3

Make the orange dressing by combining the mashed garlic with the remainder of the ingredients in a screw-top jar. Shake well to combine. A cocktail shaker will suffice if you do not have a spare jar.

### Step 4

Add the vegetables, crumbled feta and parsley to the cous cous, stirring gently to combine. Season with salt and pepper to taste.

When serving at the picnic, drizzle the orange dressing and add the pistachios if desired.



**PICNIC FOR  
P/NNACLE  
REUNITE**