

Roast Cherry Tomato & Chickpea Couscous

Serves 2-3

- 1 large punnet of Cherry tomatoes (half for roasting, half raw)
- 200g Pearl couscous
- 100g Chickpeas(Roasted)
- A pinch of smoked paprika
- Olive oil & lemon juice
- 1 clove of Garlic
- Fresh herbs(basil, thyme)
- Cucumber (sliced)
- 50g Feta cheese
- Salt & Pepper to taste

**This is also a great
recipe to pack for lunch.**



1. Roast half the cherry tomatoes. Preheat the oven to 200°C/Gas mark 6, and line a baking tin with parchment paper. Slice the tomatoes in half, and place them with their cut sides up on the baking sheet.
2. Drizzle with olive oil and sprinkle with salt, and transfer the baking dish to the oven. Roast the tomatoes until they are shrivelled and browned around the edges.
3. To roast the chickpeas, line a baking tin with parchment paper. Spread the chickpeas on a kitchen towel and pat them dry. Transfer the dried chickpeas to the baking sheet and toss them with a drizzle of olive oil and salt.
4. Transfer the dish into the oven, and roast the chickpeas for 20 - 30 minutes, or until golden brown and crisp.
5. Remove from the oven and while the chickpeas are still warm, toss with a pinch of paprika.
6. Cook the couscous according to the package directions, until al dente (with a little bite), drain and set aside to cool.
7. In a large bowl, combine 1 tablespoon of olive oil, juice of one lemon, minced garlic, fresh herbs, salt & pepper.
8. Add the cooled couscous and toss.
9. Slice the remaining raw cherry tomatoes in half and add them to the bowl with the roasted tomatoes, chickpeas, sliced cucumber, and crumble in the feta.
10. Top with more fresh herbs and a drizzle of olive oil.