Dinner

Sweet Potato Couscous with Mint and Avocado

Fluffy couscous is folded through roasted sweet potato, steamed broccoli and corn, then finished with pine nuts, avocado, fresh mint and a lemony olive oil drizzle.



Vegetarian

45 min	491	64.9 g	6.6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 sweet potato, peeled and chopped into 2cm chunks
- [ ] spray oil
- [ ] 400 g broccoli
- [ ] 100 g fresh corn kernels
- [ ] 2 cups vegetable stock
- [ ] 1 cup couscous
- [ ] 5 tablespoons pine nuts
- [ ] 1 avocado
- [ ] 1 bunch fresh mint
- [ ] 2 tablespoons olive oil
- [ ] 1 lemon, juiced (optional)

Method

1. Heat the oven to 180°C.
2. Spread the sweet potato chunks over a baking tray, coat with spray oil and roast for 15-20 minutes.
3. Cut the broccoli into small florets, then steam the florets together with the corn kernels.
4. Bring the vegetable stock to the boil in a saucepan.
5. Put the couscous in a large bowl, pour 1 cup of the hot stock over it and rake it with a fork.
6. Leave the couscous to sit for 5 minutes, then rake it again.
7. Mix in the broccoli, corn kernels, sweet potato and pine nuts.
8. Peel the avocado, cut it into 2cm chunks and mix it through the couscous.
9. Pick the leaves from the bunch of fresh mint and scatter them over the dish.
10. Drizzle with olive oil and lemon juice, if using, then serve.

Nutrition Facts

Per serving

Calories	491
Total fat	22.1 g
Saturated fat	Not listed
Sodium	350 mg
Total carbs	64.9 g
Fiber	9 g
Total sugars	6.6 g
Protein	16 g

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