

Miso Glazed Roasted Veg with Couscous

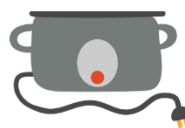
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RECIPE

A special treat – try out this tasty way of serving roasted vegetables.

INGREDIENTS

- 🍅 For the Glaze:
 - 🍅 2 parts umami (miso or tomato puree)
 - 🍅 1 tbsp acid (vinegar or citrus)
 - 🍅 2 tbsp sweet (honey, nectar, chutney, syrup)
 - 🍅 Glug of fat (oil or butter)
 - 🍅 Warm water to loosen
- 🍅 Firm veg (for example: sweet potatoes, celeriac, Jerusalem artichokes, carrots, parsnips, beets, aubergine, squash)
- 🍅 Grains (couscous, quinoa, or rice)
- 🍅 salt to season



DIRECTIONS

Step 1

Preheat oven to 200°C. If you do not have an oven see “Tips”.

Step 2 To make the glaze,

Whisk together the miso, vinegar and honey with a good glug of oil and a little warm water to loosen. Set aside.

Step 3

Scrub root vegetables clean (no need to peel!) and cut lengthways into 6-8 wedges each or slices 1.5 cm thick.

Step 4

In a large roasting pan toss the vegetables in the glaze and put on the middle shelf of the oven.

Step 5

Cook for 40-50 minutes, turning the veg every 15 minutes. The veg is cooked when it's soft all the way through.

Step 6

While the veg is cooking, make the grains according to the packet instructions.

Step 7

Serve the grains with the veg and any juices left in the roasting pan.

Tips

Garnish with chopped fresh herbs or sprinkle over some flaked almonds or crushed peanuts for extra texture.

Add chili flakes or hot sauce to the glaze to make it spicy.

An alternative to roasting in the oven is to boil or steam veg until soft, glaze, and finish under a grill or quickly sear in a pan.



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