



CHLOË BOWLER
complete wellbeing

SAUSAGE & BROCCOLI COUSCOUS



Ingredients (serves 2)

- 1 onion
- 2 garlic cloves
- 3 sausages
- 1 crown of broccoli
- 150g couscous (dried weight)
- 300ml beef stock

Instructions

- Grill or oven cook the sausages as normal.
- Boil a large pan of water and cook the broccoli until al dente.
- Place the couscous in a large dish.
- Drain the broccoli, saving the water, and using a stock cube in the water, stir well to make the stock.
- Pour the stock over the couscous and cover with cling film for 5 minutes until cooked.
- Chop the onion and garlic and cook in hot oil in a large pan.
- Cut the sausages up and add them into the pan, along with the broccoli.
- Fluff the couscous with a fork and add as well. Season and serve.

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