



CHLOË BOWLER
complete wellbeing

BEETROOT, FETA & MINT COUSCOUS



Ingredients (serves 2)

- 1 onion
- 200g couscous
- 400ml vegetable stock
- 2 beetroot
- 50g feta
- Handful of Mint

Instructions

- Start by boiling the kettle and making the stock.
- Pour the couscous into a large, shallow dish, cover with the vegetable stock and seal with cling film.
- Chop the onion and add to a pan of hot oil.
- Chop the beetroot into chunks, saving as much juice as possible.
- When the couscous is cooked, fluff with a fork and add to the onion pan.
- Stir in the beetroot until the couscous turns pink.
- Tear in the mint leaves and stir through.
- Crumble the feta into the dish and serve immediately.

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