

Couscous with Sesame-Roasted Carrots and Feta

Ingredients for the couscous

- **carrots** 455g, peeled and cut in half lengthways
- **garlic** 8 cloves, peeled
- **extra virgin olive oil** 3 tbsp
- **black sesame seeds** 1 tsp
- **white sesame seeds** 1 tsp
- **red chili flakes** 1 tsp, such as Aleppo, Maras or Urfa
- **fine sea salt** **ground black pepper** ½ tsp
- **low-sodium chicken stock** 240ml, or water
- **bay leaves** 2
- **couscous** 135 g
- **coriander or flatleaf parsley** 2 tbsp, chopped
- **feta** 30g, crumbled
- **mint** 2 tbsp, chopped

Ingredients for the dressing

- **rice wine vinegar** 60ml
- **toasted sesame oil** 2 tbsp
- **maple syrup** 1 tbsp, or 2 tsp honey
- **red chili flakes** ½ tsp, such as Aleppo, Maras or Urfa
- **fine sea salt**
- **shallot** 1 (60g), thinly sliced

Directions

- To prepare the couscous, preheat the oven to 200 C (392 F).
- Place the carrots in a roasting pan or baking sheet with 4 of the garlic cloves. Add 1 tablespoon of the olive oil, the black and white sesame seeds, and the red chili flakes and rub with your fingers to coat the carrots and garlic.
- Season with salt and the black pepper. Roast for 25 to 30 minutes, until the carrots are crispy on the outside and thoroughly cooked and tender on the inside. Watch carefully to prevent the garlic from burning; it should be just slightly roasted and charred. Remove the cloves with a pair of kitchen tongs if they're cooking too quickly.
- Meanwhile, place the stock and the remaining 2 tablespoons of olive oil in a medium saucepan over medium-high heat. Smash the remaining 4 garlic cloves and toss them

into the water along with the bay leaves. Season with salt and bring the water to a boil. Stir in the couscous, remove from the heat, cover with a lid, and let stand until the couscous absorbs the water and swells up, about 5 minutes. Fluff the couscous with a fork.

- To make the dressing, combine the vinegar, sesame oil, maple syrup and chili flakes in a small bowl. Season with salt. Fold in the shallots and let sit for 15 minutes.
- To serve, fold the coriander into the couscous. Place the roasted carrots and garlic on top.
- Garnish with the feta and mint. Pour the dressing on top and serve warm or at room temperature.