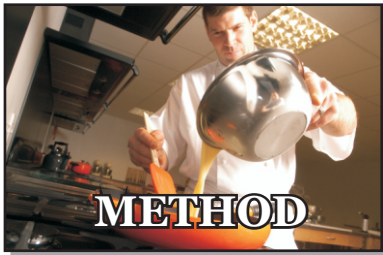


# Cous cous and chick peas with a sweet and sour, balsamic roasted red onions

500g	Cous cous
500ml	vegetable stock
800g	Chick peas (2 tins rinsed in cold water)
860g	Red onions peeled and cut into wedges
80ml	Balsamic vinegar
120ml	Olive oil
60g	Brown sugar
3dstspn	chopped corriander
	salt and pepper



Preheat oven to 180oc. Combine the onions with the balsamic vinegar, olive oil sugar and season with salt and pepper. Place in single layers on roasting tray and place in the oven foe 35-40minuets or until just tender and begin to brown at the edges.

Remove from the oven and allow to cool.

Boil the Vegetable stock and pour over the cous cous in a large bowl. cover with cling film until the stock has fully absorbed and then use a fork to separate the grains. Add the chick peas, onions with the juice, corriander and gently toss to mix the salad up. check seasoning.