

# Harissa Roasted Veggie Couscous Bowl

**Servings:** 2–3

**Prep time:** 10 minutes

**Cook time:** 15 minutes

**Total time:** 25 minutes

## Ingredients

2 cups diced vegetables (zucchini, bell pepper, carrots, onions)

1 tbsp olive oil

1 tsp harissa paste

1 cup couscous

1 cup boiling water

Lemon zest + juice

Salt

## Instructions

### 1. Season veggies

Toss diced vegetables with oil, harissa paste, and salt.

### 2. Roast

Air fry 12 minutes at 400°F or oven roast 15 minutes at 425°F.

### 3. Prepare couscous

Add couscous to a heatproof bowl. Pour 1 cup boiling water over it. Cover 5 minutes.

### 4. Fluff

Add lemon zest + pinch of salt. Fluff with fork.

### 5. Assemble

Add roasted vegetables on top of couscous and drizzle olive oil or yogurt.

## Notes / Tips

Add chickpeas or feta for extra protein

Harissa can be mild or spicy—adjust to taste

Meal-prep friendly

Serve cold or warm