

## Courgettes, Mushrooms and Cheese baked with Couscous

Serves 6 as a side dish, or 2 - 3 as a main course.

425 ml vegetable stock  
130 g couscous  
1 courgette ( or 2 small ones) thinly sliced  
125 g sliced mushrooms  
1 onion, thinly sliced  
3 tbsls [basil](#) chopped  
2 tbsls [oregano](#) chopped - Hot and Spicy oregano is nice in this  
120 g grated cheddar cheese  
2 cloves of garlic, finely chopped  
1 beaten egg  
salt and pepper to taste

Preheat your oven to 400F, 200C or Gas mark 6.

Bring 250 ml of the stock to the boil in a small saucepan. Stir in the couscous, cover and leave to stand for 10 minutes, then fluff up with a fork.

Meanwhile sauté the onions and courgettes in a little bit of oil in a medium sized pan for 5 minutes until they soften. Add the mushrooms, herbs and garlic and sauté for 3 minutes more.

Combine this vegetable mixture with the couscous, and half of the grated cheese. Mix in the remaining stock, egg and seasoning.

Spoon into a greased baking dish and top with the remaining cheese.

Bake for about 30 minutes until golden brown.