

Harissa Roasted Veggie Couscous Bowl

Servings: 2–3 | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes | **Total Time:** 25 minutes

This harissa roasted veggie couscous bowl is a fast, flavor-packed meal inspired by North African flavors. Roasted vegetables coated in lightly spicy harissa are served over fluffy couscous with fresh lemon for balance. It's simple, customizable, and perfect for busy lunches, meatless dinners, or easy meal prep. Delicious served warm or cold.

Why You'll Love This Recipe

- Ready in under 30 minutes
- Bold, spicy-sweet flavor from harissa
- Flexible vegetables — use what you have
- Easy to meal prep for lunches
- Naturally vegetarian and dairy-optional

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 and lemon juice, to taste
- Salt, to taste

Ingredient Notes & Substitutions

- **Vegetables:** Almost any roasting vegetable works. Sweet potatoes, cauliflower, broccoli, or mushrooms are great options.
- **Harissa paste:** Heat levels vary by brand. Start small and add more after tasting.
- **Couscous:** This recipe uses instant couscous. Pearl (Israeli) couscous requires longer cooking.
- **Lemon:** Adds brightness and balances the spice — don't skip it.

Instructions

Step 1: Season the vegetables

Place diced vegetables in a bowl. Add olive oil, harissa paste, and a pinch of salt. Toss until evenly coated.

Step 2: Roast the vegetables

Air Fryer: Cook at 400°F for 12 minutes, shaking halfway through.

Oven: Roast at 425°F for 15 minutes, stirring once, until tender and lightly caramelized.

Step 3: Prepare the couscous

Add couscous to a heatproof bowl. Pour boiling water over it, cover tightly, and let sit for 5 minutes.

Step 4: Fluff and season

Fluff couscous with a fork. Add lemon zest, a squeeze of lemon juice, and a pinch of salt. Taste and adjust.

Step 5: Assemble the bowl

Spoon couscous into bowls and top with roasted vegetables. Finish with olive oil, yogurt, or tahini if desired.

Tips for Best Results

- Cut vegetables evenly so they roast at the same speed.
- Avoid overcrowding the pan for better caramelization.
- Taste harissa before using — spice levels vary by brand.

Storage & Meal Prep

Refrigerator: Store in airtight containers for up to 4 days.

Serve warm or cold: This bowl works well both ways.

Meal prep tip: Store couscous and vegetables separately for best texture.

Variations & Add-Ins

- Add roasted chickpeas or white beans for protein
- Top with crumbled feta or goat cheese
- Drizzle with yogurt sauce or tahini lemon dressing
- Add fresh herbs like parsley or mint