



Charred Courgettes in Tomato Yoghurt Sauce with Zhoug Couscous, Flaked Almonds and Roasted Peppers

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Classic 35-40 Minutes • Mild Spice • 4 of your 5 a day • Veggie



Baby Plum Tomatoes



Garlic Clove



Courgette



Flaked Almonds



Bell Pepper



Roasted Spice and Herb Blend



Couscous



Vegetable Stock Paste



Flat Leaf Parsley



Zhoug Style Paste



Greek Style Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, aluminum foil, frying pan, bowl, baking tray and cling film.

Ingredients

Ingredients	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	1	1	2
Courgette**	2	3	4
Flaked Almonds 2)	15g	25g	40g
Bell Pepper***	1	2	2
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Couscous 13)	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Flat Leaf Parsley**	1 bunch	1 bunch	2 bunches
Zhoug Style Paste	50g	75g	100g
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Pantry	2P	3P	4P
Butter*	10g	15g	20g
Boiled Water for the Couscous*	240ml	360ml	480ml

*Not Included **Store in the Fridge***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	515g 2338 / 559	100g 454 / 108
Fat (g)	26.1	5.1
Sat. Fat (g)	7.4	1.4
Carbohydrate (g)	60.8	11.8
Sugars (g)	16.1	3.1
Protein (g)	16.7	3.2
Salt (g)	1.83	0.35

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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Slow Roast the Tomatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a full kettle.

Halve the **tomatoes**. Peel and grate the **garlic** (or use a garlic press).

Pop the **tomatoes** and **garlic** onto a piece of foil with the **butter** (see pantry for amount), then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a **parcel**.

When the oven is hot, roast the **parcel** on the bottom shelf until softened, 20-25 mins.



Couscous Time

While everything's in the oven, put the **couscous** in a bowl.

Pour in the **boiled water for the couscous** (see pantry for amount), stir in the **veg stock paste**, then cover tightly with cling film.

Leave to the side for 10 mins or until almost ready to serve.

Meanwhile, roughly chop the **parsley** (stalks and all).



Char the Courgettes

Trim and quarter the **courgettes** lengthways.

Heat a frying pan on medium heat (no oil). Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily.

Once toasted, transfer to a small bowl and pop the pan on high heat (no oil).

Add the **courgette** and cook on both cut sides until charred, 3-4 mins each side. Turn only every couple of mins - this will result in the **courgette** picking up some char marks.

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.



Bring on the Flavour

Once the **tomatoes** have roasted, open the foil to let the steam out and set aside for a few mins.

When the **couscous** is ready, fluff it up with a fork.

Stir through the **zhoug style paste**, **roasted peppers** and **three quarters** of the **parsley**.



Bake the Veg

Transfer the **charred courgettes** to another baking tray and pop the **peppers** alongside. **TIP:** Use two baking trays if necessary.

Drizzle the **veg** with some **oil** and sprinkle over the **roasted spice and herb blend**. Season with **salt** and **pepper**, then toss to coat.

Roast on the top shelf of your oven until softened, 12-14 mins.



Finish and Serve

Just before serving, transfer the **garlic** and **roasted tomatoes** to another bowl. Squish the **tomatoes** and stir through the **yoghurt**, then season with **salt** and **pepper**.

Share the **zhoug couscous** between your bowls and top with the **charred courgettes**, then drizzle over the **tomato yoghurt sauce**.

Scatter with the **toasted flaked almonds** and remaining **parsley** to finish.

Enjoy!