Mrs Parker’s Group

Chargrilled Vegetable Cous Cous

Season: Summer
Type: Salad
Difficulty: Medium
Recipe Source: taste
Fresh from the garden: zucchini, eggplant, fennel seeds, chilli, coriander

This quick and easy summer vegetable salad is full of beautiful colours and textures.

What to do:
- Place couscous in a large bowl and pour over 1 cup (250ml) boiling water (or enough to just cover).
- Cover with a clean tea towel and stand for 5 minutes or until couscous has absorbed the water.
- Fluff up grains with a fork.
- Heat a chargrill pan or barbecue on medium-high heat.
- Place vegetables in a large bowl and toss with the cumin and fennel seeds and 2 tablespoons olive oil until the vegetables are coated.
- Working in batches, cook vegetables for 2 minutes each side, until lightly charred and tender.
- Stir vegetables into couscous along with lemon juice, chilli, pine nuts, currants and remaining 2 teaspoons oil.

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients</th>
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</thead>
<tbody>
<tr>
<td>Knives</td>
<td>1 1/4 cups couscous</td>
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<tr>
<td>Chopping boards</td>
<td>1 zucchini, thinly sliced into ribbons</td>
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<tr>
<td>Vegetable peeler</td>
<td>1 eggplant, thinly sliced lengthways</td>
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<tr>
<td>Cup measure</td>
<td>1 red capsicum, thinly sliced</td>
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<td>Spoon measure</td>
<td>2 teaspoons cumin seeds</td>
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<td>Juicer</td>
<td>2 teaspoons fennel seeds</td>
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<tr>
<td>Scales</td>
<td>2 1/2 tablespoons olive oil</td>
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<tr>
<td>Bowl</td>
<td>Juice of 1 large lemon</td>
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<tr>
<td>Griddle pan</td>
<td>1 long red chilli, finely chopped</td>
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<tr>
<td>Tongs</td>
<td>1/3 cup (50g) pine nuts, toasted</td>
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<td>Fork</td>
<td>50g currants</td>
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<tr>
<td>Bowls</td>
<td>150g feta, crumbled</td>
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<tr>
<td>Kettle</td>
<td>1/2 cup coriander leaves, chopped</td>
</tr>
</tbody>
</table>

Ingredients:

1 1/4 cups couscous
1 zucchini, thinly sliced into ribbons
1 eggplant, thinly sliced lengthways
1 red capsicum, thinly sliced
2 teaspoons cumin seeds
2 teaspoons fennel seeds
2 1/2 tablespoons olive oil
Juice of 1 large lemon
1 long red chilli, finely chopped
1/3 cup (50g) pine nuts, toasted
50g currants
150g feta, crumbled
1/2 cup coriander leaves, chopped
• Stir in feta and coriander, then season well with sea salt and freshly ground black pepper.
• Serve with hummus and flat bread.

To make hummus:

• 600g canned chickpeas, drained, rinsed
• 3 garlic cloves, crushed
• 100ml olive oil
• 1 teaspoon ground cumin
• Juice of 1 lemon
• ¼ cup water

Place all ingredients in a blender and whiz until smooth