



READY TO COOK
BY HARRIS FARM

IMPERFECT ZUCCHINI STUFFED WITH HERBED COUSCOUS AND MIXED NUTS



PREP
15 min



COOK
30 min



SERVES
4

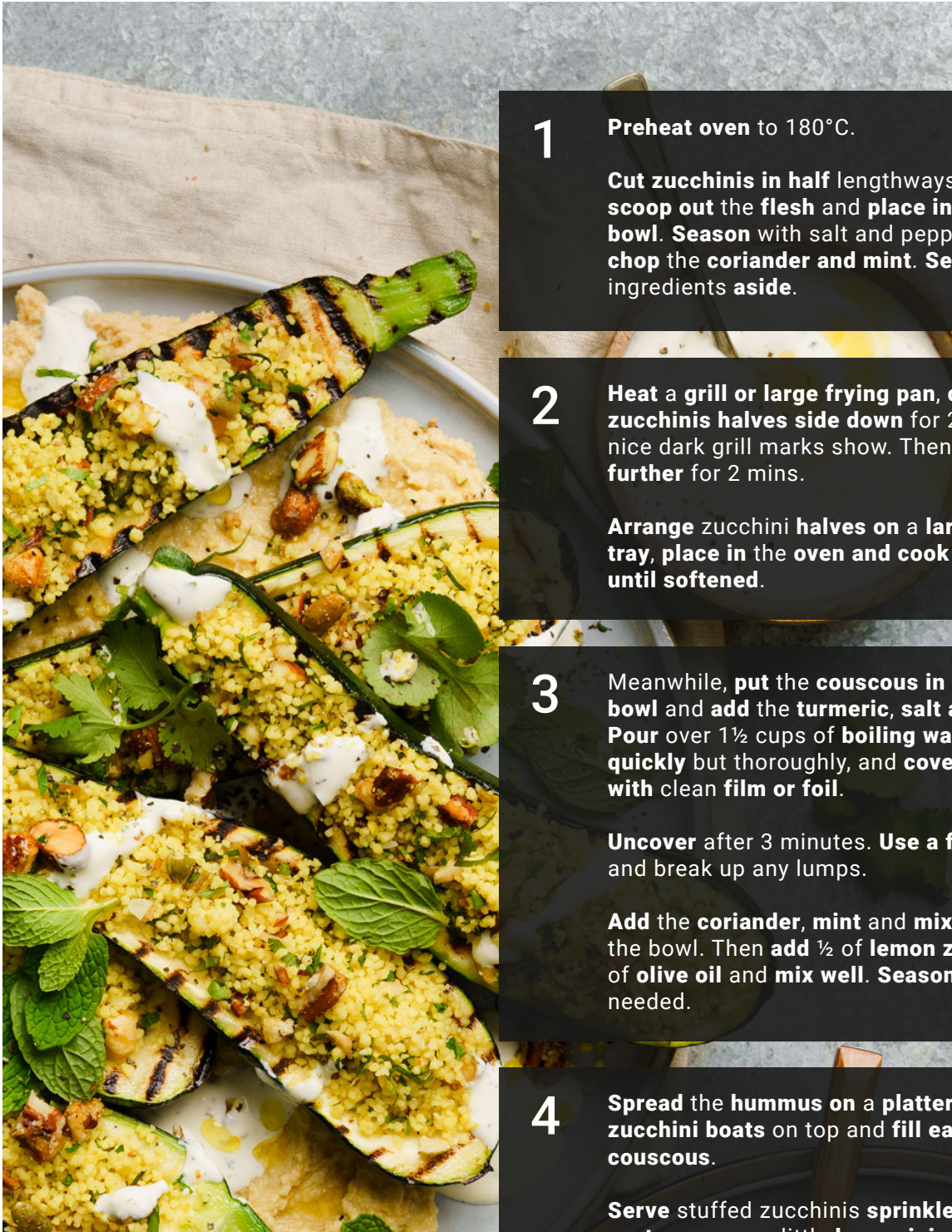
INGREDIENTS:

- > 4 Imperfect Picks Zucchini
- > 250g Tzatziki
- > 1½ Cups Couscous
- > 1 Bunch of Coriander
- > 1 Bunch of Mint
- > 1 Lemon
- > 75g Mixed Nuts
- > 250g Harris Farm Hummus

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ¼ Tbsp Ground Turmeric
- > Salt and Pepper
- > Olive Oil

METHOD – GET COOKING!



1

Preheat oven to 180°C.

Cut zucchinis in half lengthways, carefully **scoop out the flesh** and **place in** a medium **bowl**. **Season** with salt and pepper. **Finely chop** the **coriander and mint**. **Set all ingredients aside**.

2

Heat a grill or large frying pan, **cook the zucchinis halves side down** for 2 mins or until nice dark grill marks show. Then **turn and cook further** for 2 mins.

Arrange zucchini halves on a large baking tray, **place in the oven and cook** for 10 mins or until softened.

3

Meanwhile, **put the couscous in a heatproof bowl** and **add the turmeric, salt and pepper**. **Pour over 1½ cups of boiling water**, **mix quickly** but thoroughly, and **cover the bowl with clean film or foil**.

Uncover after 3 minutes. **Use a fork to fluff up** and break up any lumps.

Add the coriander, mint and mixed nuts to the bowl. Then **add ½ of lemon zest**, a drizzle of **olive oil** and **mix well**. **Season to taste** if needed.

4

Spread the hummus on a platter, **arrange the zucchini boats** on top and **fill each one with couscous**.

Serve stuffed zucchinis sprinkled with lemon zest, **squeeze a little lemon juice** all over and **drizzle with Tzatziki**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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