



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...



HARRIS FARM
IMPERFECT PICKS

ROASTED ZUCCHINI COUSCOUS SALAD WITH CANNELLINI BEANS AND TZATZIKI DRESSING



PREP
10 min



COOK
30 min



SERVES
4

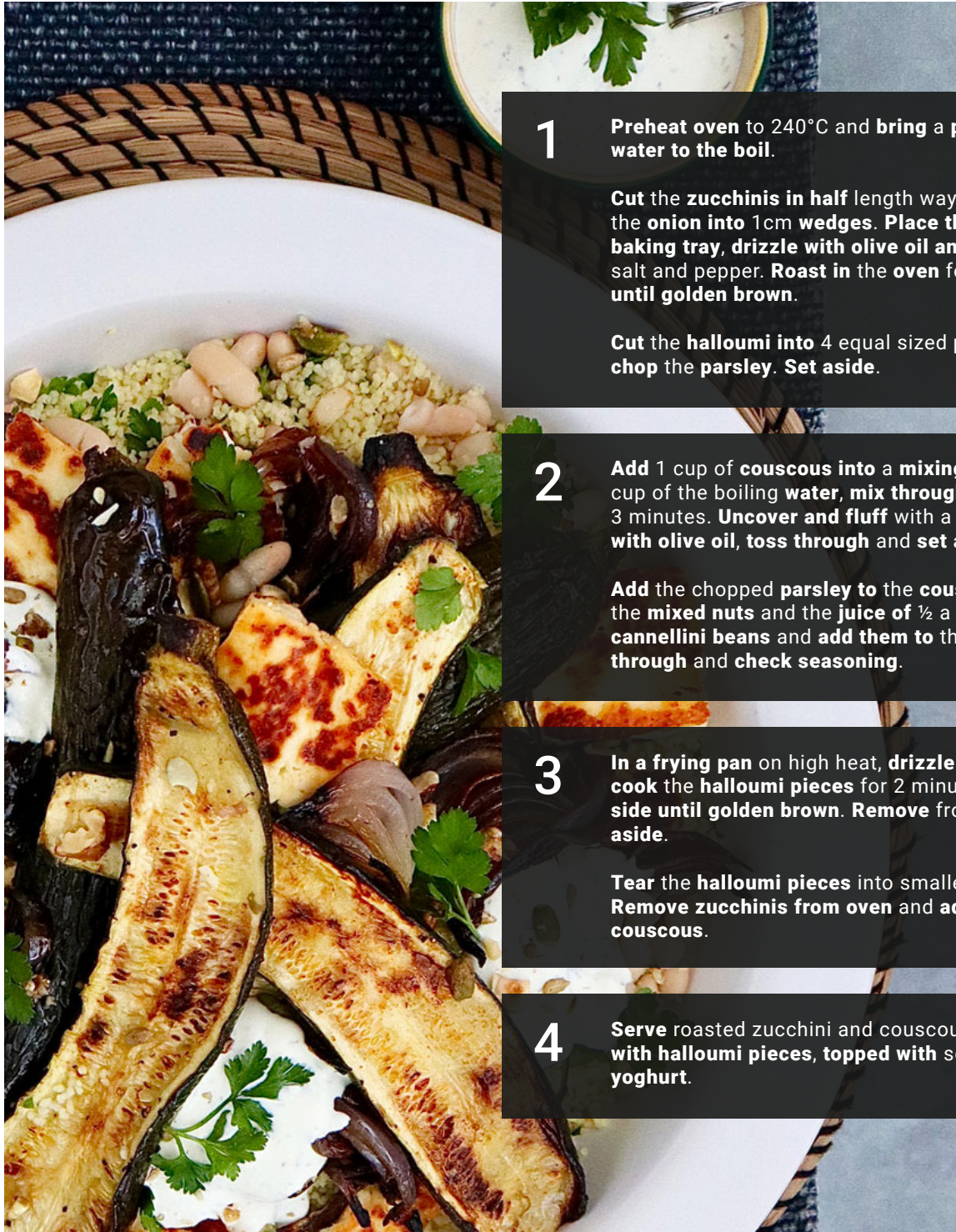
INGREDIENTS:

- > 4 Imperfect Black Zucchini
- > 1 Red Onion
- > 1 Cup Couscous
- > 75g Mixed Nuts (Entertainers Blend)
- > 225g Halloumi Cheese
- > 200g Tzatziki
- > ½ Parsley Bunch
- > 1 Imperfect Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD - GET COOKING!



1

Preheat oven to 240°C and bring a pot with salted water to the boil.

Cut the zucchinis in half length ways and slice the onion into 1cm wedges. Place them on a lined baking tray, drizzle with olive oil and season with salt and pepper. Roast in the oven for 20 minutes until golden brown.

Cut the halloumi into 4 equal sized pieces. Finely chop the parsley. Set aside.

2

Add 1 cup of couscous into a mixing bowl, add 1 cup of the boiling water, mix through and cover for 3 minutes. Uncover and fluff with a fork. Drizzle with olive oil, toss through and set aside.

Add the chopped parsley to the couscous. Add the mixed nuts and the juice of ½ a lemon. Drain cannellini beans and add them to the bowl, mix through and check seasoning.

3

In a frying pan on high heat, drizzle olive oil and cook the halloumi pieces for 2 minutes on each side until golden brown. Remove from pan and set aside.

Tear the halloumi pieces into smaller pieces. Remove zucchinis from oven and add them to the couscous.

4

Serve roasted zucchini and couscous salad hot with halloumi pieces, topped with some Tzatziki yoghurt.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Fluffing the couscous with a fork helps release steam and stops further cooking.

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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