



Spicy Courgette and Basil Couscous

NIBBLEDISH CONTRIBUTOR

Ingredients

- one courgette, diced - one pork chop, diced - cherry tomatoes, quartered - mushrooms, sliced - one clove of garlic, peeled and whole - teaspoon of fennel seeds, crushed - sprinkling of brown sugar - handful of basil leaves, chopped - handful of flat leaf parsley, chopped - a few stalks of spring onion, chopped - sprinkling of red pepper flakes - lemon juice - olive oil - splash of white wine - 150ml chicken stock and same volume of couscous

Instructions

Yessss I'm experimenting with couscous as it just feels "summery" to me. Serves two as a side. 1. Combine the crushed fennel seeds, brown sugar, freshly ground salt and pepper and a little olive oil. Mix with the diced pork. 2. Sautee together the pork, courgette, mushrooms and garlic clove. Lubricate with a little white wine. Add a few drops of lemon juice, the red pepper flakes, and salt and pepper to taste. 3. Boil the chicken stock. When boiling, pour over the couscous in a mixing bowl and cover immediately. Wait 5-8 minutes for the couscous to steam itself, then fluff up with a fork. 4. Add the parsley to your pork and courgette mixture. Remove the garlic clove and turn off the heat. Add the contents of the pan to your couscous bowl. Give it a glug of olive oil, add the cherry tomatoes, basil and spring onion, then season to taste.