



Round courgettes chilli couscous

NIBBLEDISH CONTRIBUTOR

Ingredients

3 round courgettes;
2 onion;
1 leek;
2 tomatoes;
1 cup of couscous;
fresch chive and thyme;
dried ground chilli;
salt and pepper;
vegetable broth;
extra-virgin olive oil;

Instructions

Wash and clean the courgettes and steam them for 20 min, until they are tender.

Preheat the oven to 180 degrees.

Let them cool to room temperature, and then, carefully, cut a little hat off the top of each, and carve the inside using a teaspoon, reserving the flesh.

Salt and grease the courgette "shells" and put them in the oven and bake them for 10, 15 min.

Hydrated the couscous according to package directions. I've used the vegetable broth to hydrate it!

Wash and clean the tomatoes and cut them into small pieces. Cut the fresh of the courgettes into cubes and slice the leek, chive and thyme.

Cut the onion into petals and braise them with the olive oil until they are soft. Then add the sliced leek, the cubes of courgette and finally the small pieces of tomatoes, fresh sliced chive and thyme and cook until they are tender.

Sprinkle salt, pepper and some dried ground chilli.

Add the hydrated couscous to the vegetables mixing carefully and put the couscous with the vegetables into the courgette shells and sprinkle dried ground chilli.

Decorate them with some chives and thyme.