

slow &
easy



10 minutes
prep



40 minutes
cook

Morocco is a fab destination. It has beautiful villas and architecture and a lot of exciting food. This dish is inspired by Zahlouk, so I've added a few extras...

Moroccan salad

Store Cupboard

85ml/3fl oz extra virgin olive oil
4 garlic cloves, crushed
2 tsp harissa
1 tsp cumin seeds
1 x 400g/14 oz tin chickpeas, drained
juice of 1 lemon
salt and freshly ground black pepper

Shopping List

2 medium aubergines
2 courgettes
1 onion, cut into 8 wedges
1 red onion, cut into 8 wedges
2 beefsteak tomatoes
1 bunch coriander, roughly chopped
flatbread, to serve (optional)
natural yoghurt, to serve (optional)

1. Preheat the oven to 200°C / 400°F/Gas 6. Place the **aubergines, courgettes, onion wedges** and **tomatoes** in a roasting tray and drizzle all the vegetables with the **olive oil**.
2. Roast in the oven for 35 minutes, then remove. When the vegetables are cool enough to handle cut the aubergines in half lengthways and scoop out the flesh into a bowl.
3. Roughly chop the courgettes (which will be very soft) and add with the roast onions to the aubergine flesh. Peel the tomatoes, discard the skin and roughly chop the flesh and pulp.
4. In a frying pan heat the olive oil from the roasting tray. Add the **garlic** and fry until it starts to colour. Add the **harissa** and **cumin seeds** and stir fry for 2 minutes. Add the chopped **tomato** and cook until reduced to a pulp. Then add the vegetable mixture along with the **chickpeas, lemon juice** and **coriander**.
6. Toss together to combine. Season and serve the salad warm or at room temperature with **flatbread** and a dollop of **yoghurt**.

More Ideas: add a sliced red pepper to the roast veg. Substitute drained white beans for chickpeas.

