

Chargrilled vegetable salad with couscous, spiced yoghurt and almonds

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Add a layer of smokiness to your vegetables with this chargrilled salad.

Ingredients

- 3 red capsicums (bell peppers)
- 50 ml olive oil, plus extra for drizzling
- 1 tbsp salt
- 500 g pearl (Israeli) couscous
- 1 ½ tbsp ghee
- 150 g slivered almonds
- 2 eggplants (aubergines), thickly sliced
- 4 zucchini (courgettes), thickly sliced
- 2 fennel bulbs, thickly sliced
- 2 red onions, thickly sliced
- 1 bunch asparagus, trimmed and cut into bite-sized pieces
- ½ bunch flat-leaf (Italian) parsley, leaves finely chopped
- Extra-virgin olive oil, for drizzling

Spiced yoghurt dressing

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- 250 g (1 cup) Greek-style yoghurt
- 100 ml lemon juice
- 1 tsp salt
- 1 tsp freshly ground pepper
- 1 garlic clove, crushed
- 1 tsp chilli flakes
- 1 tsp ground cumin
- 1 handful coriander (cilantro) leaves, chopped

Method

Preheat the oven to 180°C.

To make the dressing, place all of the ingredients in a bowl and whisk to combine.

Place the capsicums on a baking tray and roast for 30 minutes or until the skin begins to blister.

Remove from the oven and place in a bowl. Cover with plastic wrap and allow to cool. Once cold, peel the skins from the peppers and slice the flesh.

In a saucepan, combine the olive oil and salt with 500 ml (2 cups) of water and bring to the boil. Place the couscous in a large heatproof bowl. Pour the boiling water over, cover with plastic wrap and leave to sit for 10 minutes to absorb. Once cool, use a fork to separate the couscous.

Place the ghee in a shallow frying pan over low heat. When melted, add the almonds and cook until golden. This happens quite quickly so make sure you keep your eye on the ball while tossing the almonds around. Drain on paper towel.

Combine the eggplant, zucchini and fennel in a bowl. Season with salt and pepper, drizzle with olive oil and mix to coat. Heat an oiled chargrill pan or heavy-based frying pan to very hot over high heat. Grill the vegetables on both sides until well coloured. Transfer to a baking tray and bake for 10 minutes or until soft. Meanwhile, combine the onion and asparagus in a bowl with a drizzle of oil. Grill until well coloured.

To serve, combine the vegetables with the couscous and parsley in a bowl. Season well, add half the yoghurt dressing and combine carefully. Spread onto a serving plate, sprinkle with the almonds and drizzle with a little extra-virgin olive oil and the remaining dressing.

This is an edited extract from *Alimentari* by Linda & Paul Jones is published by Hardie Grant Books. RRP \$59.95, available in stores nationally.

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