



Vegetable Skewers with Avocado & Couscous

Summer is incoming and this is the perfect dish to get into the swing of things! Creamy sun ripened avocado, fresh coriander and lime are the real summer flavour stars in this dish.

Nutritional Info

Calories: 457 kcal
Carbohydrates: 82 g
Protein: 13 g
Fat: 9 g

Ingredients

- Fresh Coriander
- Red Onion
- Courgette
- Red Chilli
- Avocado
- Couscous
- Lime
- Harissa Paste

Your Pantry

- Olive Oil
- Salt & Pepper
- Cling Film

Allergens

Gluten (Couscous)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Pre-heat the oven 190°C**

2) **Prepare the vegetables**

Chop the onion and courgette into thick chunks. In a bowl, combine the vegetables, harissa paste, a little oil and a squeeze of lime juice (keep some lime juice for the couscous).

3) **Make the skewers**

Skewer the vegetables onto the skewers.

4) **Cook the vegetables**

Place the skewers on a baking tray and bake for 12 – 15 minutes, turning half way through. While the vegetables are cooking start on the couscous.

5) **Make the couscous**

In a bowl, add 200 ml of boiling water per person to the couscous. Cover with cling film and allow to stand for 5 minutes.

6) **Prepare the coriander, chilli & avocado**

Chop the coriander and chilli (remove the seeds for less spice). Set both aside. Slice the avocado in half and remove the stone.

7) **Finish the couscous**

Using a fork fluff up the couscous and add the chopped coriander, chilli and lime juice. Season with salt and pepper.

8) **Plate the dish**

Serve the skewers on top of the couscous with some scooped out avocado on the side.



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