



Charred courgette, white bean,
feta, ezme & parsley

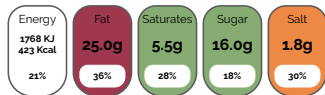
WAYS  WELL

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Vegetarian

Per Average Serving



Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 423Kcal/1768kJ.

INGREDIENTS (serves 4)

100g feta	1tsp chilli flakes	600g marrow/courgette
10g flat leaf parsley	25g tomato paste	2 tbsp extra virgin olive oil
25g pumpkin seeds	1300g tinned tomato	½ lemon
175g onion	10g caster sugar	125g ezme paste (Belazu)
3-4 garlic cloves	4g fine salt	
2 tbsp olive oil	3g black pepper	
4g thyme	250g drained, tinned	
10g smoked paprika	haricot beans	

METHOD:

1. Dice the feta. Wash and finely chop the parsley leaves and set aside. Toast the pumpkin seeds in the oven or in a dry pan.
2. For the haricot & tomato stew; Peel, half and chop the onions. Peel and finely grate the 1 garlic clove. In a pan, heat a drizzle of olive oil, add the onions and cook until golden. Then add in the garlic and thyme, cook for a further 2 mins. Add the paprika and chilli flakes and then the tomato paste and tinned tomatoes. Bring to the boil. Add the sugar, season with freshly cracked black pepper and salt. Cook for 1 hour on a low heat. Then add the haricot beans, cook for a further 10 mins. Add half the parsley to the haricot and tomato stew just before serving.
3. For the marrow/courgette; Wash and cut the marrow/courgette into 2cm rounds and some in half lengthways. Drizzle over the olive oil and lemon zest. Rub the ezme paste onto the courgette/marrow and feta. Preheat oven to 230°C, season the marrow / courgette with the remaining salt and pepper. Roast the marrow/courgettes for 5-6 mins until charred and the vegetables are cooked.
4. Remove from heat and squeeze over the lemon juice. Do the same with the feta, cook for 2 -3 mins in the oven until charred.
5. To serve; Spread half the haricot and tomato stew onto a serving plate, add the marrow/ courgette, place the feta on top and finish with the toasted pumpkin seeds and a sprinkling of parsley.