

Courgette with chermoula

Preparation time: 20 minutes

Cooking time: 30 to 35 minutes

Ingredients (for one person):

- 2 medium courgettes.
- 1 clove of garlic.
- 2 tablespoons of olive oil.
- 1 teaspoon of lemon juice.
- 1/5 preserved lemon skin.
- A bouquet of parsley and coriander finely chopped.
- ½ teaspoon of cumin.
- 1 teaspoon of sweet paprika
- A pinch of ginger.
- A pinch of turmeric
- Salt
- A pinch of hot chilli pepper.

Preparation

Cut the extremities of the courgettes, peel them gently then slice each courgette in four lengthwise and take away the entire white seeded part. Dice them into pieces and put them in a saucepan.

Chop finely the fresh parsley and coriander, chop and paste the garlic and dice the skin of the preserved lemon. Add those ingredients to the courgettes in the saucepan.

Add two tablespoons of olive oil, a teaspoon of sweet paprika, a pinch of ginger, turmeric, salt, and hot chilli if you like. If you have time you can let the chermoula marinate in the fridge for a couple of hours to get more flavour.

Cook the whole preparation on a low heat for about 30 minutes. Move from time to time so that it does not stick. Do not reduce the pieces of courgette to a puree. Once the courgettes are cooked (crunchy or soft according to your preference) turn off the heat then add half a teaspoon of cumin and a teaspoon of fresh lemon juice.

This salad can be served cold or warm and if you wish, you can prepare the same recipe with poached carrots.

Enjoy!