



Zucchini, fennel & pistachio tabbouleh

By Courtney Roulston

Lightly fried zucchini meets grated cauliflower, sliced fennel, and crunchy pistachio nuts in this bright and textural tabbouleh recipe from Courtney Roulston. Add in herbs, a green chilli if you're feeling some spice, and za'atar to make it pop. Hot tip: homemade za'atar makes for a fun-filled classroom activity! Members will find the recipe on the Shared Table.

Fresh from the garden: zucchini, peas, cauliflower, fennel, green chilli, flat leaf parsley, dill, lemon.

INGREDIENTS

3 tablespoons extra virgin olive oil
3 large green zucchini, sliced into 2 mm rounds
2/3 cup frozen peas, thawed (or fresh peas, boiled 3-5 minutes, drained)
1/4 large cauliflower, grated on a box grater
1 fennel bulb, finely sliced
1/3 cup pistachio nuts, roughly chopped
1 long green chilli, chopped (optional)
1/4 bunch flat leaf parsley, chopped
1/2 bunch dill, roughly chopped
1 tablespoon za'atar
Juice and zest of 1 lemon
1 tablespoon honey
Sea salt and pepper, to taste

Heat 1 tablespoon of the oil in a large frying pan over a medium heat. Add the zucchini and cook for 3-4 minutes, or until softened and starting to turn golden brown in spots.

Take the pan off the heat and stir the peas through the warm zucchini. Allow the mixture to cool for a few minutes before adding in the grated cauliflower, fennel, pistachio nuts, chilli, parsley, dill, za'atar and lemon zest.

Squeeze the lemon juice into a bowl and whisk through the remaining oil, honey and a pinch of salt and pepper until well combined.

Pour the dressing over the salad and toss well before serving.

SERVES 6

