

A Modern Way to Cook

Sweet roasted courgettes with crispy chickpeas



Serves 4

- 4 medium courgettes
- olive oil
- 1 red onion
- ½ a bunch of fresh thyme
- 1 × 230g jar of roasted red peppers
- 550g cherry tomatoes
- 2 cloves of garlic
- 1 × 400g tin of chickpeas, or 250g home-cooked chickpeas
- 1 unwaxed lemon

This is a very quick and insanely good version of a ratatouille, which was a classic in my house growing up. I use the grill instead of the oven to cook the courgettes quickly and to impart maximum sweet smoky flavour.

I eat this on its own with salad and some quinoa or bread, but if you want to make it a hearty meal you could add some grilled halloumi or baked ricotta. Leftovers are amazing in sandwiches or an omelette.

Preheat your grill to high and get all your ingredients and equipment together. For this recipe it really speeds things up to have a food processor with a grating attachment. If not, a box grater will do.

Grate the courgettes then scatter evenly on a baking tray, season with salt and pepper, drizzle with a little oil and place under the grill to cook and char for about 20 minutes, turning every couple of minutes.

Meanwhile, put a frying pan on a medium heat. Thinly slice the red onion and add it to the pan with a splash of olive oil and the thyme leaves. Cook for 5 minutes, until soft and sweet.

Finely chop the red peppers and tomatoes and finely slice

the garlic. Once the onions are browned, add them to the tray of courgettes with the peppers, tomatoes and garlic and continue to cook and brown, turning every 5 minutes, for a further 10–15 minutes.

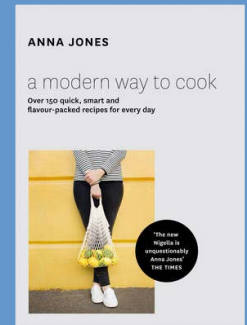
Put the frying pan back on a high heat and add a little more olive oil. Add the chickpeas, a good pinch of salt and pepper and the zest of the lemon and cook until the chickpeas are crisped around the edges. This will take about 10 minutes, and you'll need to keep tossing the chickpeas in the pan.

Once the courgette mixture is softened and sweet, and charred in places, scatter over the chickpeas. Serve with some lemon-dressed green leaves.

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Taken from...

A Modern Way to Cook
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Publisher: 4th Estate
ISBN: 9780008124496
Hardback

Published 16th July 2015

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