

Courgette Hummus (Fiona)

I used 5 large courgettes up in a Hummus-like dip the other day which was so yummy we both ate it all up in 2 lunches with crudites & toast. (So about 4 portions).

Grill on high (or BBQ if you're using it anyway) & blacken the skins of the courgettes on a tray, turning them every so often. (Took a long time but the smokey result was worth it + I managed to remember to put the safety thingy on the grill to stop melting the knobs on the cooker!)). Cool & skin the blackened courgettes (putting remains on compost) & mash the insides with whatever you fancy. I used finely chopped roasted garlic, Salt & loads of freshly milled Pepper, 3tbs Tahini, 1tbs lemon juice, 1tbs pomegranate molasses. Sprinkled the top with Zataar as I love it!
Happy courgettes!