

# Lunch

## RECIPE CARD

### Spicy Courgette Pitta Pockets (Serves 4)

#### RECIPE NAME

Lunch

#### MEAL TIME

10 minutes

#### PREP TIME

5 minutes

#### TIME TO COOK

The perfect lunch to  
take on the go with you!

#### NOTES

Approx 470kcal  
per serving

#### CALORIES

## INGREDIENTS

- ★ 1 Courgette, *trimmed and thinly sliced lengthways*
- ★ 2 tsp Harissa Paste
- ★ 2 tsp Olive Oil
- ★ a small handful of broad beans (*fresh or frozen*)
- ★ 2 tbsp Hummus
- ★ 1 Spring Onion, *finely sliced*
- ★ 1 tsp Tahini Paste
- ★ small Garlic Clove, crushed
- ★ a squeeze of Lemon Juice
- ★ 1 tbsp Greek-Style Yogurt
- ★ 1 large Wholemeal Pitta Bread
- ★

## METHOD



Toss the courgette slices in the harissa and olive oil before seasoning. Cook on a hot griddle pan for 2 minutes across each side or until tender. Transfer to a plate and set aside.



Cook the broad beans in boiling water for 2 minutes and then drain under cold running water. Soon after, slip them out of their outer skins before discarding the skins themselves. Put the broad beans, hummus and spring onion in a small bowl and mix to combine.



In another bowl, mix the tahini, garlic, lemon juice and yogurt. Toast the pitta and split it to create 2 pockets. Spoon the hummus mix inside each pocket, followed by the spicy courgette slices and a drizzle of the yogurt mixture.