

Caramelized Veggie Skewers

with Summer Corn Relish and Herby Couscous



Skewers are made for summer—they're easy, transportable, and perfect for the grill! These veggie skewers are loaded up with mushrooms, zucchini, and bell peppers, then popped under the broiler for major caramelization. A side of tangy corn relish is the perfect accompaniment!



45 min



level 2



veggie





Corn



White Wine Vinegar



Sir Kensington's Dijon Mustard





Orange Bell Pepper



Zucchini





















Button Mushrooms

Tomato

Wooden Skewers

Ingredients		2 People	4 People	4
Corn		1	2	
White Wine Vinegar		1T+1t	2 T + 2 t	
Sir Kensington's Dijon Mustard		2 t	4 t	
Basil		1 bunch	2 bunches	
Orange Bell Pepper		1	2	
Zucchini		1	2	
Red Onion		1	2	
Button Mushrooms		4 oz	8 oz	
Tomato		1	2	
Garlic		2 cloves	4 cloves	
Feta	1)	1 oz	2 oz	
Couscous	2)	½ cup	1 cup	
Parsley		1 bunch	2 bunches	E
Wooden Skewers		6	12	I
Olive Oil*		2 ½ T	5 T	

Allergens

*Not Included

1) Milk 2) Wheat

Tools

Shallow Dish, Small Bowl. Baking Sheet, Small Pot. Large Pan

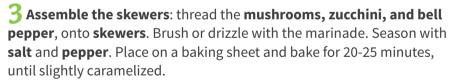
Nutrition per person Calories: 530 cal | Carbs: 71 g | Fat: 22 g | Protein: 16 g | Fiber: 9 g



Prep the ingredients: preheat oven to 400 degrees. Soak the wooden **skewers** in a shallow dish filled with water. Core, seed, and finely dice the tomato. Cut the corn kernels off the cob. Core. seed, and remove the white ribs from the **bell pepper**, then cut into 1-inch cubes. Quarter the **zucchini** lengthwise, then cut into 1-inch pieces. Halve the **mushrooms.** Halve, peel, and finely dice the **onion**. Mince or grate the garlic. Thinly slice the basil. Chop the parsley.



2 Make the marinade: in a small bowl, combine the garlic, 1 tablespoon olive oil, ½ tablespoon white wine vinegar, and 1 teaspoon Sir Kensington's Dijon Mustard. Season with salt and pepper.





- 4 Meanwhile, **cook the couscous**: in a small pot, bring 1 cup water and a pinch of salt to a boil. Once boiling, add the couscous, cover, and remove from heat until the rest of the meal is ready.
- 5 Make the summer corn relish: Heat 1 tablespoon olive oil in a large pan over medium heat. Add the **onion** to the pan and cook, tossing, 4-5 minutes, until softened. Season with salt and pepper. Add the **tomato** and **corn** to the pan and cook another 4 minutes, until the tomato cooks down. Stir 1 tablespoon white wine vinegar and 1 teaspoon **Sir Kensington's Dijon Mustard** into the corn mixture. Once slightly cooled, stir in the **feta** and half the **basil**. Season with **salt** and pepper.



- 6 Fluff the couscous with a fork and stir in the parsley, remaining basil, and ½ tablespoon olive oil. Season with salt and pepper.
- Plate the couscous, then top with the summer corn relish and veggie skewers. Enjoy!